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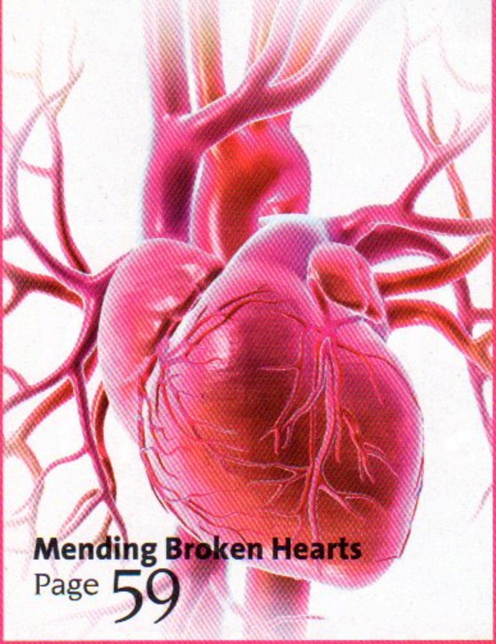

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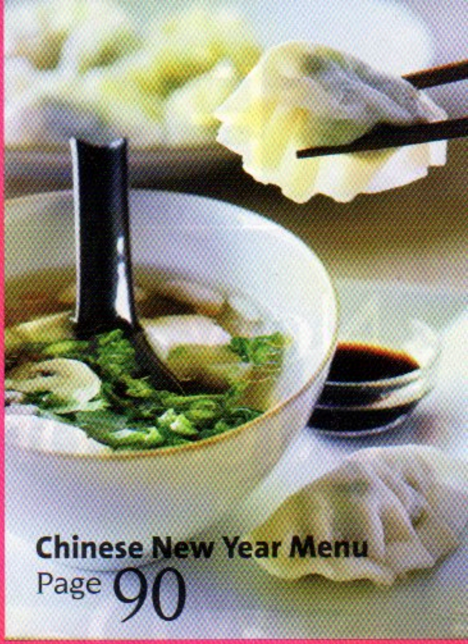

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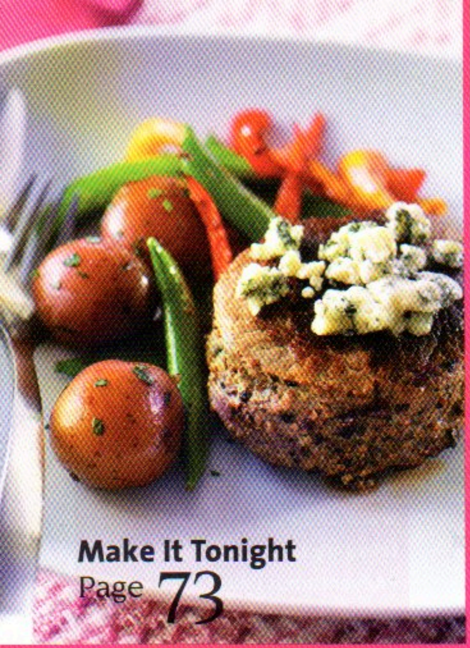

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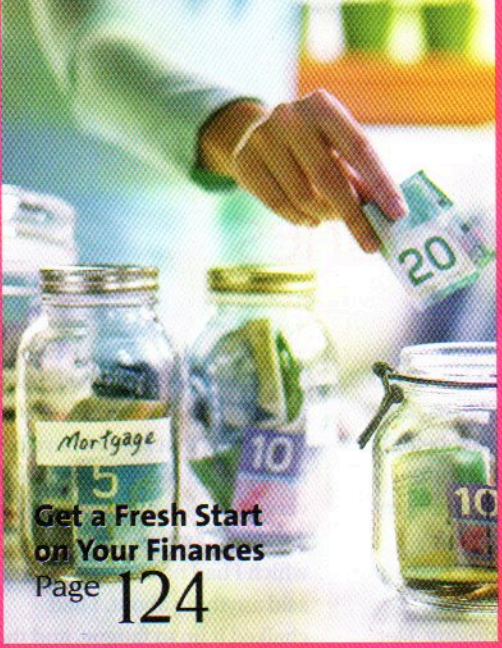

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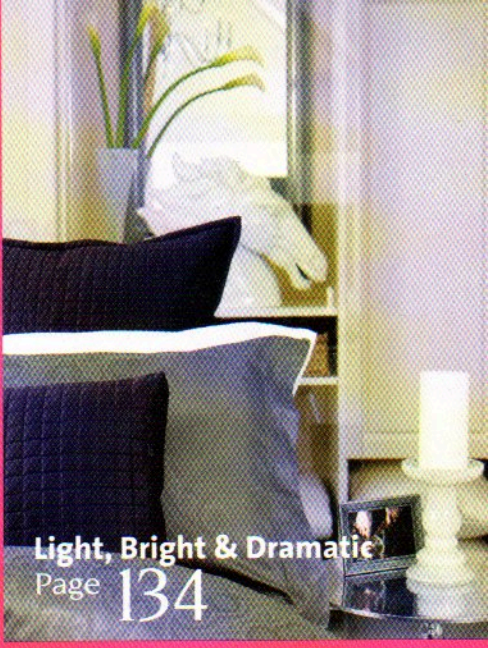

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Opening Lines
Heart to Heart

I will never forget Jan. 29, 2008. It was my first day back at the magazine after being off for a couple of months recuperating from surgery. I was catching up with my executive editor when first my office phone and then my cellphone started ringing. I let them go, assuming it was well-wishers welcoming me back to work, until my editorial assistant rushed into my office at 9:10 a.m. and told me to pick up the phone, that there was an emergency. It was one of my husband's colleagues calling to say that Greg was being rushed by ambulance to St. Joseph's Health Centre in Toronto, that they thought he had had a heart attack, and to get to the hospital as quickly as possible. By the time I arrived, Greg had already been moved to critical emergency care, where they were calling the three major heart hospitals in the city to see who had a bed and could perform emergency surgery. It seemed like only minutes later Greg was being wheeled into the operating room.

Here I am with my husband, Greg, a year later and better than ever.

Here are a few things you should know about my husband: at the time of his heart attack he was 54 years old. He was fit, not overweight. He saw his doctor regularly, had scored just fine on a heart stress test only months earlier and had shown no indication of high blood pressure or high cholesterol at his last physical. He had one bad habit: he smoked. There were a few symptoms that should have been investigated more closely – he felt very tired, down and breathless, and his colour wasn't good, all of which I had noticed but hadn't said anything about. I had chalked it up to fatigue, and the fact that he was still reeling from the death of his father just a few months earlier. In addition, Greg had not only the added stress of my own surgery, but also, just before his heart attack he lost Walter, his 19-year-old cat. That's a lot for one guy to endure in such a short time. But here's the scariest part. If Greg had still been at home when he started to feel unwell that day, he would have promptly gone back to bed, thinking he had a bug. The doctor was adamant: if Greg had done that, he wouldn't be here today.

Greg is doing fine these days. After surviving a period of intensive care and months of rehabilitation – with the help of some amazing experts – he's back at work. He quit smoking the day of his heart attack and hasn't touched a cigarette since. The one thing that sticks out most in my mind as I recall that scary time in our lives is the endless questions we had. What treatments would work best for Greg? What were his options? What did the latest research say?

We asked one of our best writers, award-winning journalist Mark Witten, to tackle the story ("Mending Broken Hearts," page 59). Mark took the most common questions asked by people facing heart-related illness directly to the top Canadian experts. Without a doubt, the nine people whose pictures you find on page 60 are modern-day heroes. February is Heart Health Month, and I encourage everyone to read this article and to pass it along.

On a lighter note, February is also a time to express your love to those near and dear. Check out our five Valentine's Day meals in "Make It Tonight" on page 73.

For me, Valentine's Day will be extra special this year because Greg is here to share it with me. Whatever you're doing this month, I hope that it's heart-healthy in every way.

Until next time.

– Susan Antonacci
susan@canadianliving.com

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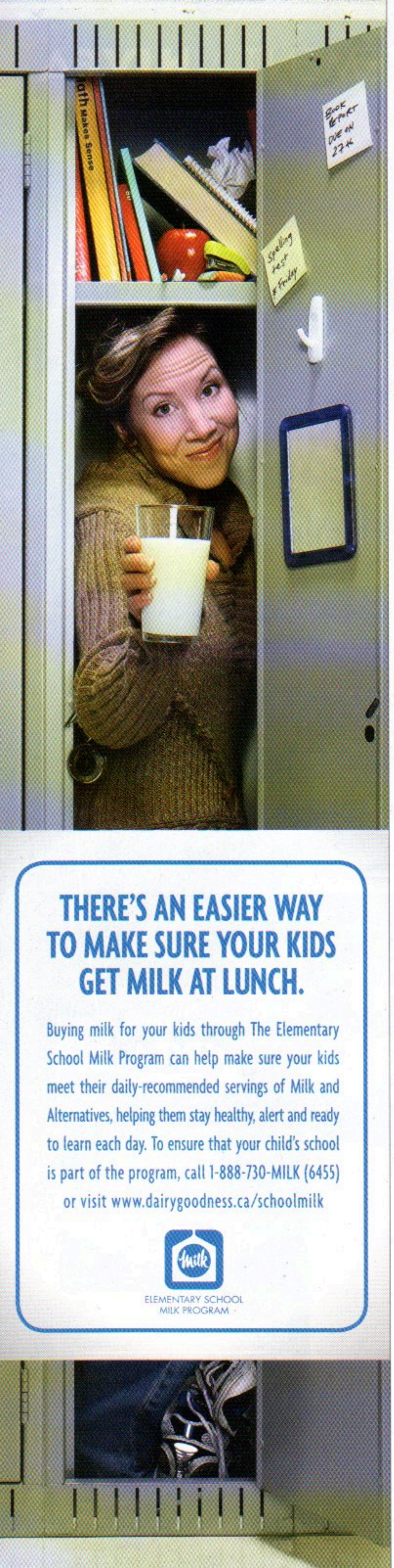

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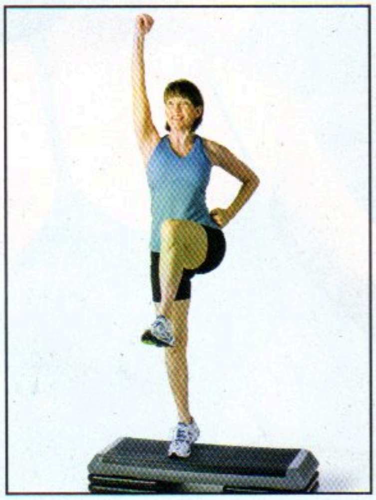

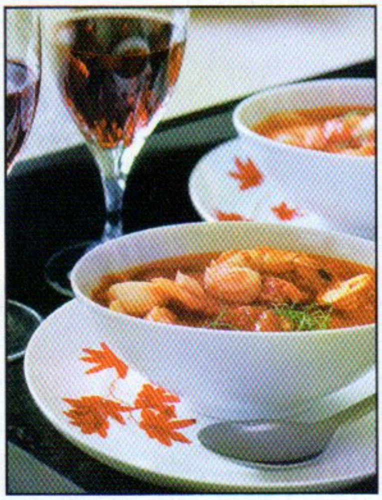

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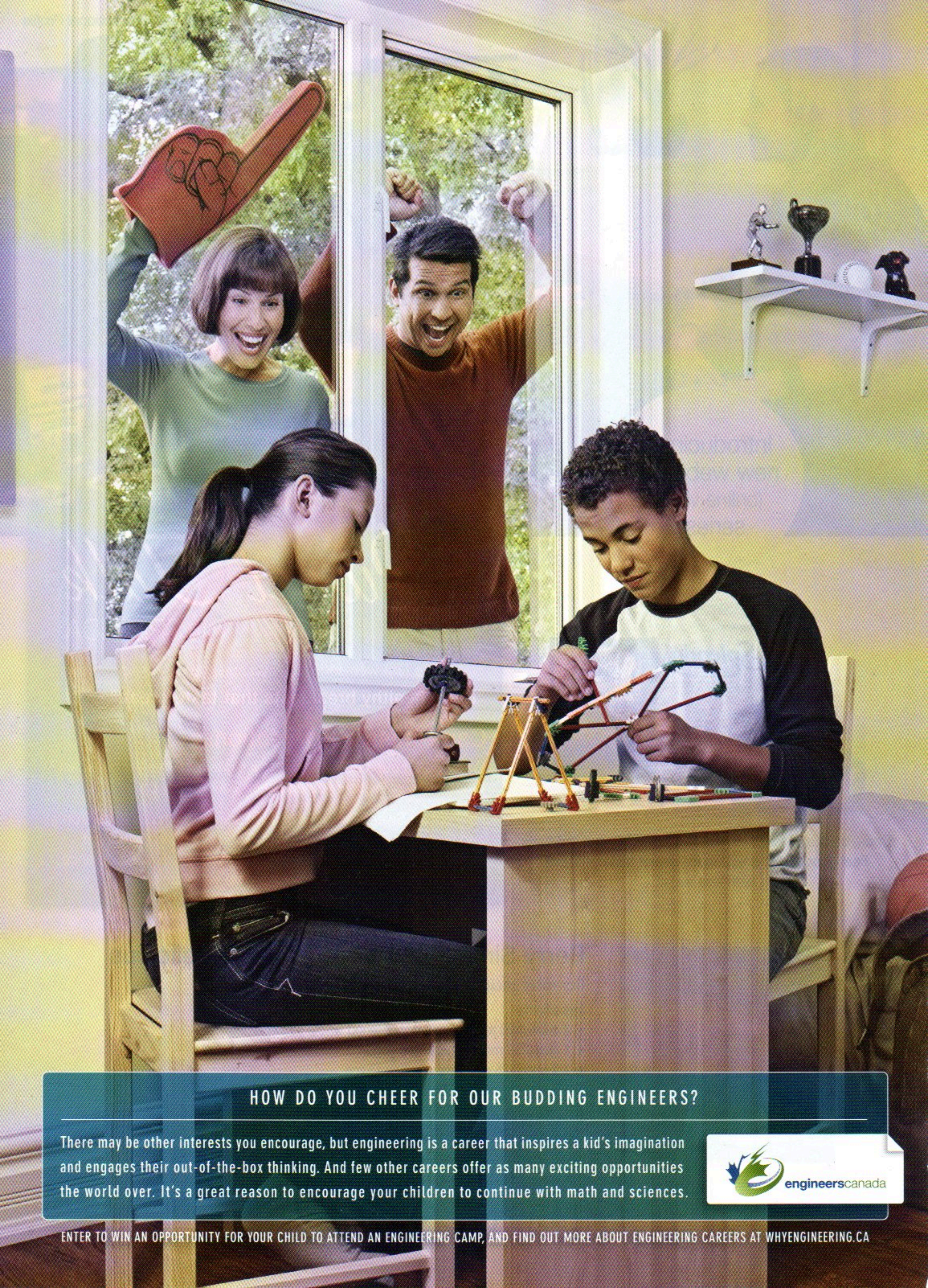
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Letters

Will All My Heart

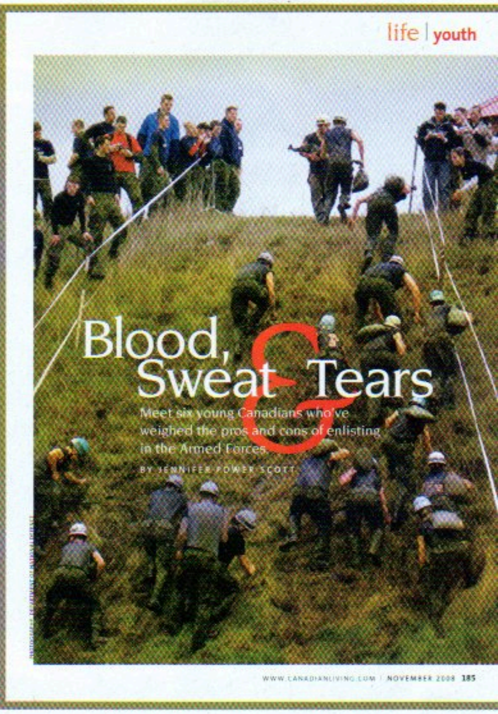
It's the day that should be my son's first birthday, Oct. 17, 2008, and I find Kathy Gebel's essay, "In the Stillness of My Heart," in your November issue. I lost my son Joseph Gabriel in the eighth month of my pregnancy. His heart stopped, for reasons unknown. It was a complete and sudden shock. The pregnancy was without complications, as were my previous two pregnancies, one with twins. My family doctor counselled me that having three young children already would slow down the grieving process. I was not prepared, though, for the grief my five-year-old daughter would experience while I was trying to deal with my own.

I relived all the feelings that Kathy described, and was comforted by her willingness to share. She reassured me that I am not alone in this, and that, though the sadness will never completely go away, the memory of my son is something I will always have and be able to share with his father, his sister and his brothers. Thank you.
– Lisa Geraghty, via the Internet

Thank you for "In the Stillness of My Heart." I have been a mother of a stillborn baby girl, Lorelei, since Sept. 1, 2003. I often feel like stillbirth is a dirty little secret that no one wants to talk about, yet so many parents are aching to know that they are not alone. Even after having two beautiful children, I still miss my firstborn, and I still wonder what she would be like, as all I have is just a mere moment of time that will forever be embedded in my heart and her picture, which I cherish. Thank you for telling people that losing a stillborn baby is the same grief as losing a child at any other time, and for sharing how to treat a grieving parent.
– Cherie Clarricoates, Cranbrook, B.C.

Educational Service

My wife and I would like to thank you for the article "Blood, Sweat & Tears" (November). Our son has just entered the Royal Military College (RMC), and Jennifer Power Scott did a wonderful job capturing the pain and the exhilaration of the aspiring officers as they beat challenge after challenge. I think that many young people today just want to have a hint of meaning in their lives, and dedicating their zeal and energy to the larger cause of peace-making is one of humankind's highest aspirations. We are very proud of the work being done at RMC, and grateful to *Canadian Living* for bringing it to life.
– Barry and Colleen Gander, Brockville, Ont.



Seeing Things Differently

In your article "Eye Health" (October), I was surprised to read the advice given to adults aged 20 to 40: "Healthy adults who don't notice anything wrong with their eyes only need to see an optometrist or ophthalmologist once every 10 years."

Letter of the Month

Pay It Forward

I loved Lisa Bendall's article, "50 Good Deeds" (December). I am always struck by the fact that we live in a society where people are encouraged to stand up for themselves, to be assertive and not be taken advantage of. We value those who get what they want. Yet, we seem to be slightly embarrassed when we quietly do good things for our neighbours and strangers. I recently found a bag of clean, completely reusable clothes in a back alley while on my morning run. I took them home, washed them (even though they looked clean) and donated them to a local charity. I found myself hoping no one saw me carry home the bag! Why not? We should follow Lisa's example, no matter how uncomfortable the tentative initial exploration, and make a point to do a good thing – the right thing – each and every day.
– Karin Melberg Schwier, Saskatoon

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I believe this information comes from the Canadian Ophthalmological Society, but, in my opinion, this statement devalues the service of eye-health professionals, and offers false reassurance to readers. I'm sure there are many conditions that don't present symptoms that would be noticeable to the average person. The Canadian Association of Optometrists recommends that adults have their eyes checked every one to two years, and that's the advice I plan to follow.
– Adina Helmer, London, Ont.

The Canadian Ophthalmological Society guidelines state that a healthy, asymptomatic adult should see an eye doctor at least every 10 years. (Note: This is for non-spectacle-wearing patients with no risk factors.) That said, it is excessive to screen a perfectly healthy 20- to 40-year-old annually without a reason. And the perception that many eye diseases can be detected in asymptomatic individuals is not supported by the evidence. Most eye conditions have symptoms, with the main exceptions being glaucoma and early diabetic retinopathy.
– Dr. John Lloyd, staff ophthalmologist, Sunnybrook Health Sciences Centre, Toronto

TALK TO US

THIS PAGE BELONGS TO YOU. Have you read something in our pages that left a lasting impression on you? Or perhaps you've followed the advice in one of our service articles and would like to share the results with other readers. Or was there a personal essay that resonated deep within you that you'd like to comment on? We welcome letters and e-mails from readers of *Canadian Living*. This is your magazine, and this is your letters page. Speaking to Canadians like you, from east to west, is our mandate; hearing from you is our pleasure. Feel free to write to us – and you could win a *Canadian Living* cookbook as a token of thanks! You can e-mail us at letters@canadianliving.com or write to us at "Letters," *Canadian Living* Magazine, 25 Sheppard Ave. W., Suite 100, North York, Ont. M2N 6S7. Please make sure to include your name, address and telephone number. Letters and e-mails may be condensed for publication. Pictures will not be returned.

DO YOU HAVE A GREAT IDEA?
Are you one of these crafty souls who long ago learned that leaving a dab of vanilla, lemon or orange extract on a tiny piece of cotton keeps the refrigerator smelling lovely and clean? We'd like to hear from you. Perhaps you have other useful solutions and creative tips for our Great Ideas section (page 17). It could be an amazing product you've just discovered or a piece of helpful advice for your home, your health – your everyday life – that we could share with other Canadian Living readers. Write to us at greatideas@canadianliving.com. If we print your submission, we'll send you a *Canadian Living* cookbook.

Ask the Experts
Do you have a nutrition, fitness, complementary medicine or personal growth question? Write to us at experts@canadianliving.com.

My Canada
This 500-word column celebrates a place or event that represents the essence of Canada to you (page 152). E-mail your submissions to mycanada@canadianliving.com or write to us at "My Canada," *Canadian Living* Magazine, 25 Sheppard Ave. W., Suite 100, North York, Ont. M2N 6S7. Please make sure to include your name, address and telephone number. Manuscripts will not be returned.

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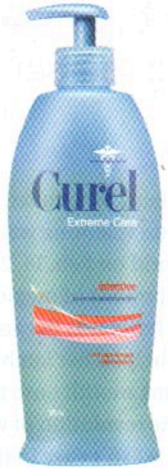


Curel

The Next Breast Thing

Life as we know it: a constant source of wonder

BY JENNIFER POWER SCOTT

I don't know what my boobs ever did before I had babies. They were barely-a-B-cup, hardly-a-handful mounds of flesh that wondered why they, unlike toes or teeth or nostrils, had no obvious purpose.

Bored and bitter beneath the red polyester lace of the latest super-duper pushup bra, they searched for the meaning of their existence. Trips to Europe did little to help them find themselves. Underwires only underlined their pain.

I loved how a few minutes of nursing could turn my bawling babe into a sleeping cupid, her lips shining in a happy-as-a-drunken-sailor pucker.

Then came Juliet. My beautiful brunette valentine wailed her way into our world on Feb. 14, 2004. She was seven pounds of magic – and hunger. When Juliet was five minutes old, the nurse helped her latch that impossibly tiny pink mouth onto my left breast. And the revolution of wonder began.

It wasn't easy in the beginning. My boobs and I, shocked by the sudden reality of this tiny human, didn't know what to do. On that first, endless night, I struggled through my exhausted stupor to calm and feed Juliet. I didn't know my clumsy attempts at latching would lead to something the nurses so eloquently called "nipple trauma."

Ouch.

By the time we brought Juliet home, my boobs were blooming more spectacularly than orchids in the rainforest. After 35 years of flat-out frustration, they had morphed into massively magnificent milk factories, swollen with warm, sweet sustenance just for Juliet. My daughter melted my mammary malaise. All at once, my boobs had a job.

And what a job they did. The first months of motherhood taught me that there is nothing on earth like the awesome, overwhelming and oh-so-tender power of the breast.

I loved how a few minutes of nursing could turn my bawling babe into a sleeping cupid, her lips shining in a happy-as-a-drunken-sailor pucker. I loved the otherworldly warmth of it all, the exquisite closeness, the feeling that I was the unquestioned centre of Juliet's universe.

And, as I trudged and sighed my way through a mild postpartum depression, nursing Juliet saved me. Breast milk is perfect. Juliet loved it, and me. I knew that. And it made me strong.

Rock on, Mother Nature.

I had planned to nurse Juliet for six months, maybe a year, but it turned into two and a half unforgettable years. And as my outspoken fireball plans her fifth birthday party and learns to tap dance, I am nursing her sister, Sydney Rose, through the teething, tumbles and tantrums of toddlerhood.

I know. Some people think it's weird to breast-feed a child who can say a hundred words, go potty and fire fistfuls of spaghetti at the kitchen floor, but that doesn't bother me anymore. My daughters and I do what works best for us. And when Sydney Rose gives me a gap-toothed smile and says "Mama, Mama-milk is yummy," nothing else matters.

Now, after more than 4,000 hours of stellar service to my family, my boobs are getting ready to close up shop. As that time approaches, I treasure this magical milk as if it were the last, sweet drops of my youth. When Sydney Rose nurses, I savour the silence, and her slumber, and the warmth of her little hand against my arm.

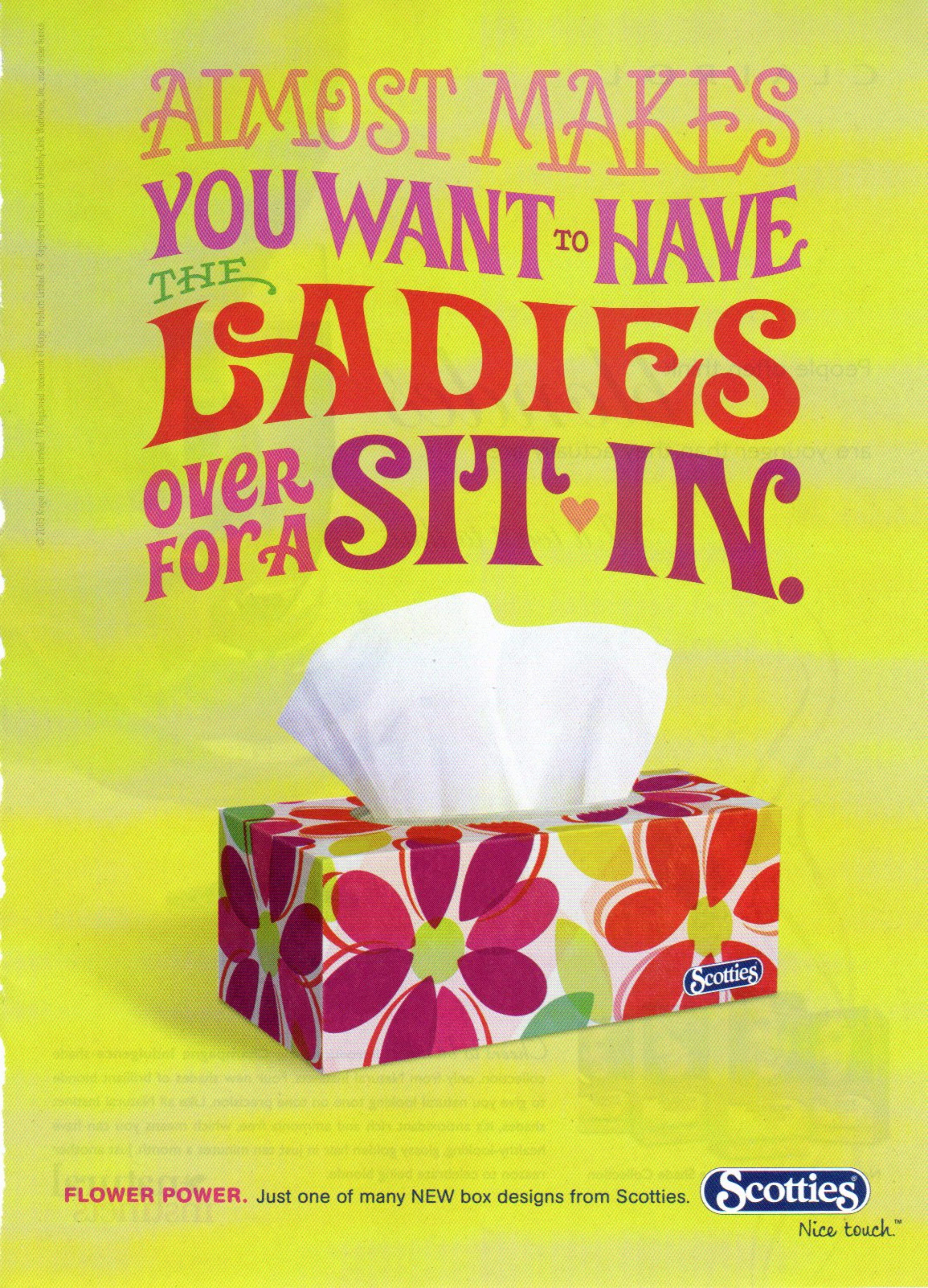
Heaven.

So, my boobs can retire happy, and revel in the red lace. They are fulfilled, knowing they've done a good job helping two spectacular girls begin their lives.

No. A perfect job.

Jennifer Power Scott, of Saint John, N.B., is a writer, jazz singer and self-appointed poster girl for lactational bliss.

ILLUSTRATION, ANNE VILLENEUVE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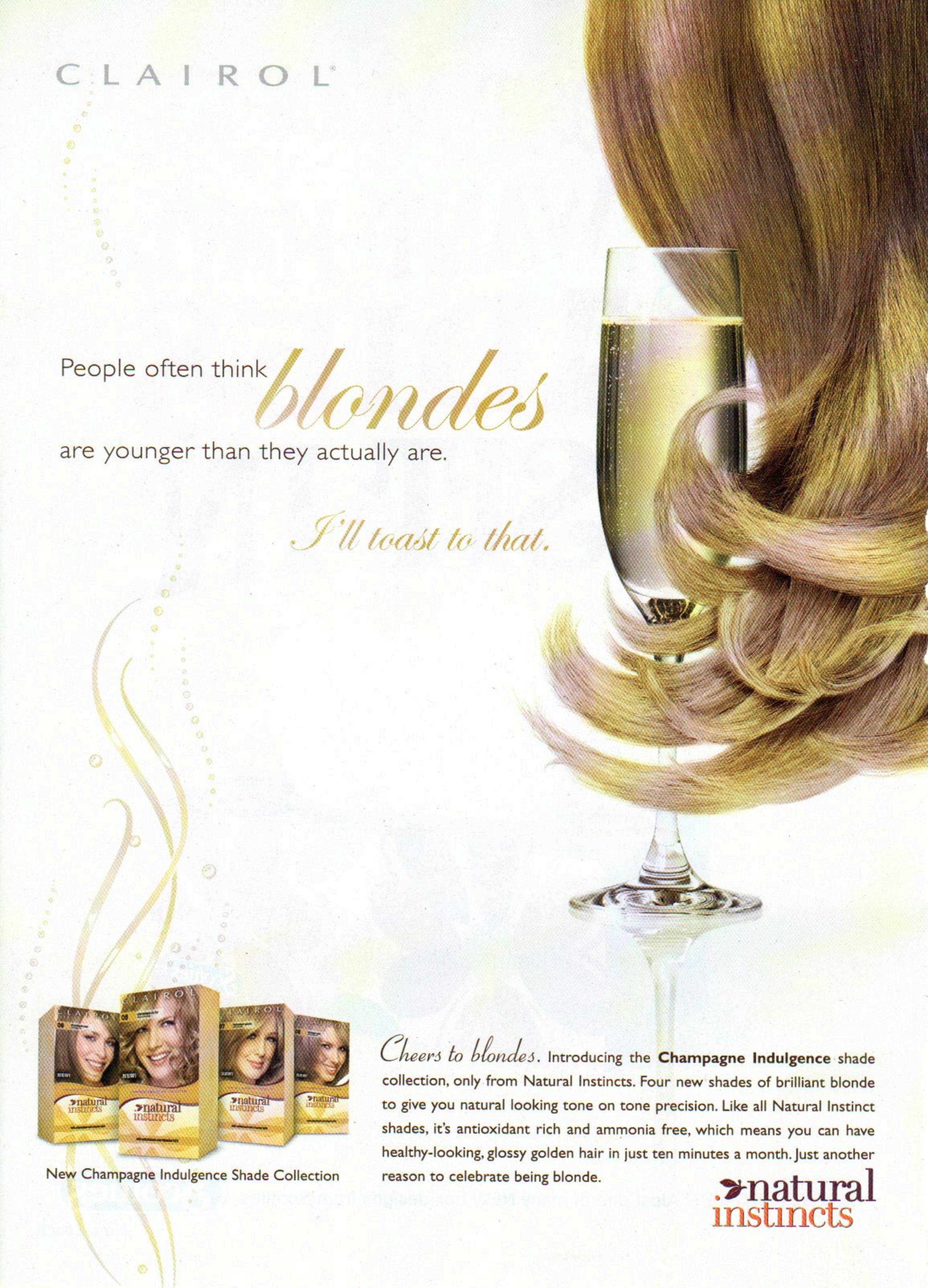
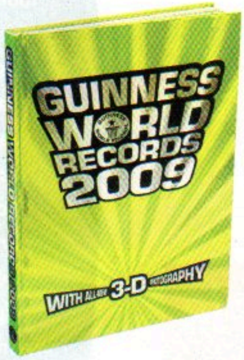

CLAIROL
People often think blondes
are younger than they actually are.
I'll toast to that.
New Champagne Indulgence Shade Collection
Cheers to blondes. Introducing the Champagne Indulgence shade collection, only from Natural Instincts. Four new shades of brilliant blonde to give you natural looking tone on tone precision. Like all Natural Instinct shades, it's antioxidant rich and ammonia free, which means you can have healthy-looking, glossy golden hair in just ten minutes a month. Just another reason to celebrate being blonde.
natural instincts

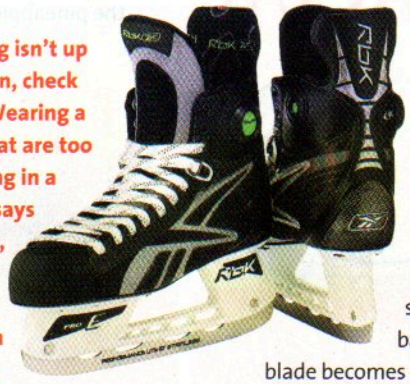
February great ideas

STYLE • HEALTH • FOOD



Who wants to be a know-it-all?

Pick up a copy of the *Guinness World Records 2009* (Guinness World Records Limited/ Canadian Manda Group, 2008), which features such tidbits as the year's most popular TV show ("House"), largest underwater press conference (61 journalists) and most breast milk donated by one person (135.5 litres), as well as some cool 3D photography, along with answers to the usual questions, like Who's the world's tallest man?



If Jonny's skating isn't up to par this season, check out his skates. Wearing a pair of skates that are too big is like walking in a pair of flippers, says Andrew Stewart, the product manager for Reebok skates in Montreal. Here are a few more tips.

- Generally, a child's skate size is labelled one to one and a half times smaller than his shoe size.
- Here's a trick to get the right fit: Most skates have a removable foot bed. Take it out, and put the child's foot on it. The foot bed should extend only five millimetres (one-quarter inch) beyond his foot. If skates are too long, balancing on a skinny blade becomes even more difficult, and affects his ability to skate.
- Another giveaway: Your child wants you to do his laces up supertight. This is often a sign that his skates are too big, and he is trying to compensate in order to increase support for his feet.

Visit www.canadianliving.com/february and you could win a pair of Reebok 9K Pump skates.

What to Do with Used Coffee Grounds

1. Mix with a little olive oil to make an excellent exfoliant for the shower (rub vigorously on any spots of cellulite).
2. Deodorize your fridge or freezer by placing a small bowl of them at the back. Add a few drops of vanilla.
3. Use as a natural abrasive cleaner for stainless-steel pots and pans.

You're a guy. She's a girl. It's Valentine's Day. How about some flowers? But what kind? Cut ones or a potted plant? What's the best way to say I love you? Check out www.canadianliving.com/february for tips and info before you buy.

PHOTOGRAPHY, MARK BURSTYN

AT-HOME MINI-FACIAL

1. Blend ½ cup (125 mL) crushed pineapple with 3 tbsp (15 mL) olive oil.
2. Apply to face and leave on for 10 minutes. The acids in the pineapple will lift dead skin cells.
3. Rinse off with lukewarm water.
4. Finish by applying moisturizer to your face to relieve any tightness left from the pineapple acids.

Looking to liven up your dark and dreary winter coat? Simple. A cheap-yet-chic way to add some colour to your life is to purchase a vividly coloured pashmina. Colour is an easy way to update your wardrobe.

HOT HOSIERY

Opaque tights are a must-have this season. Not only do they give a chic, slimming look, but they also keep your legs toasty. In fact, Silks Warmers are constructed of high-performance fibres that add significant warmth, without bulk. This hosiery with groundbreaking new fabric is available in a variety of styles and colours. Silks Warmers, $18.

FOR SHOPPING INFORMATION, SEE PAGE 148

WIN THIS!

Visit www.canadianliving.com/february and enter for a chance to win an assortment of St. Ives skin-care products, valued at $100.

LASH OUT

Achieve the length and volume you get from false eyelashes without having to go through the hassle of applying them with Lancôme's new oscillating mascara. The vibrating applicator guides your hand as you apply the mascara to your lashes. You have to try it to believe it! Lancôme Ôscillation Vibrating Infinite Power Mascara, 8 g, $39.

PHOTOGRAPHY, MARK BURSTYN

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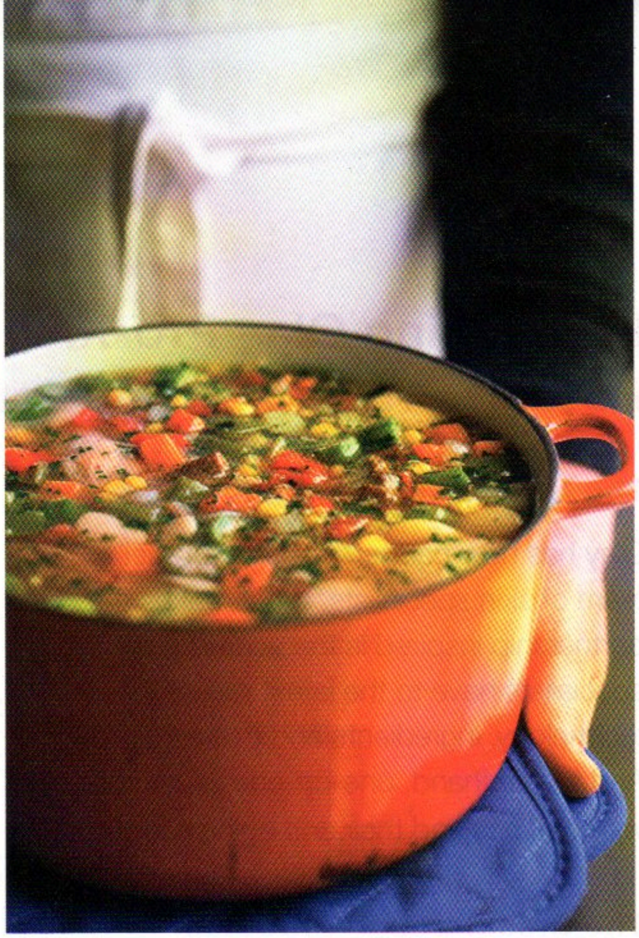


February Is
Heart Health Month

Kids – and adults – like snacks. Choosing the right kinds of heart-healthy snacks that will fill you up and satisfy your cravings will also help you achieve and maintain a healthy weight. Here are three great snack ideas from the Heart and Stroke Foundation.

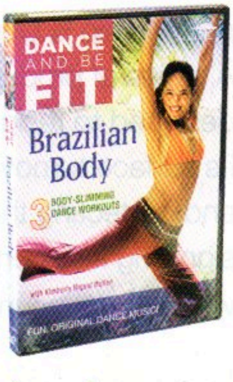
Store-bought muffins, doughnuts and cookies can be loaded with fat – and often trans fat – which can clog arteries. Instead, bake your own lower fat and calorie muffins and cookies. You can make batches to freeze so you'll always have them on hand.

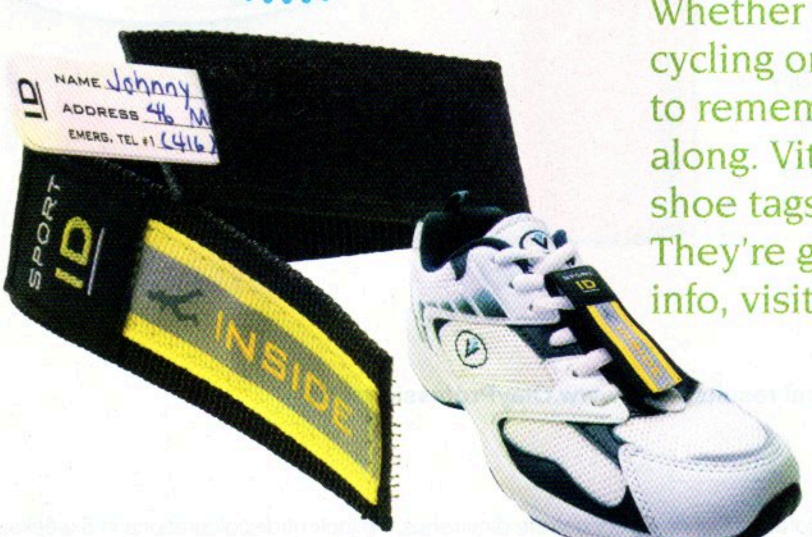
Homemade soup makes a great snack, as it is very satisfying. Make a large vegetable soup on the weekend, then freeze individual portions, so you control the salt and sodium content; too much can contribute to high blood pressure, a risk factor for stroke and coronary heart disease. **Tip:** Add fibre to your soup with beans and leafy greens.

Snack on fruit, which is naturally sweet. Fruit is a good source of vitamins and minerals, low in calories and rich in soluble fibre, which can help lower your cholesterol and reduce your risk of heart disease.

Only one in eight women is aware that heart disease and stroke should be her biggest health concerns. Share the truth!

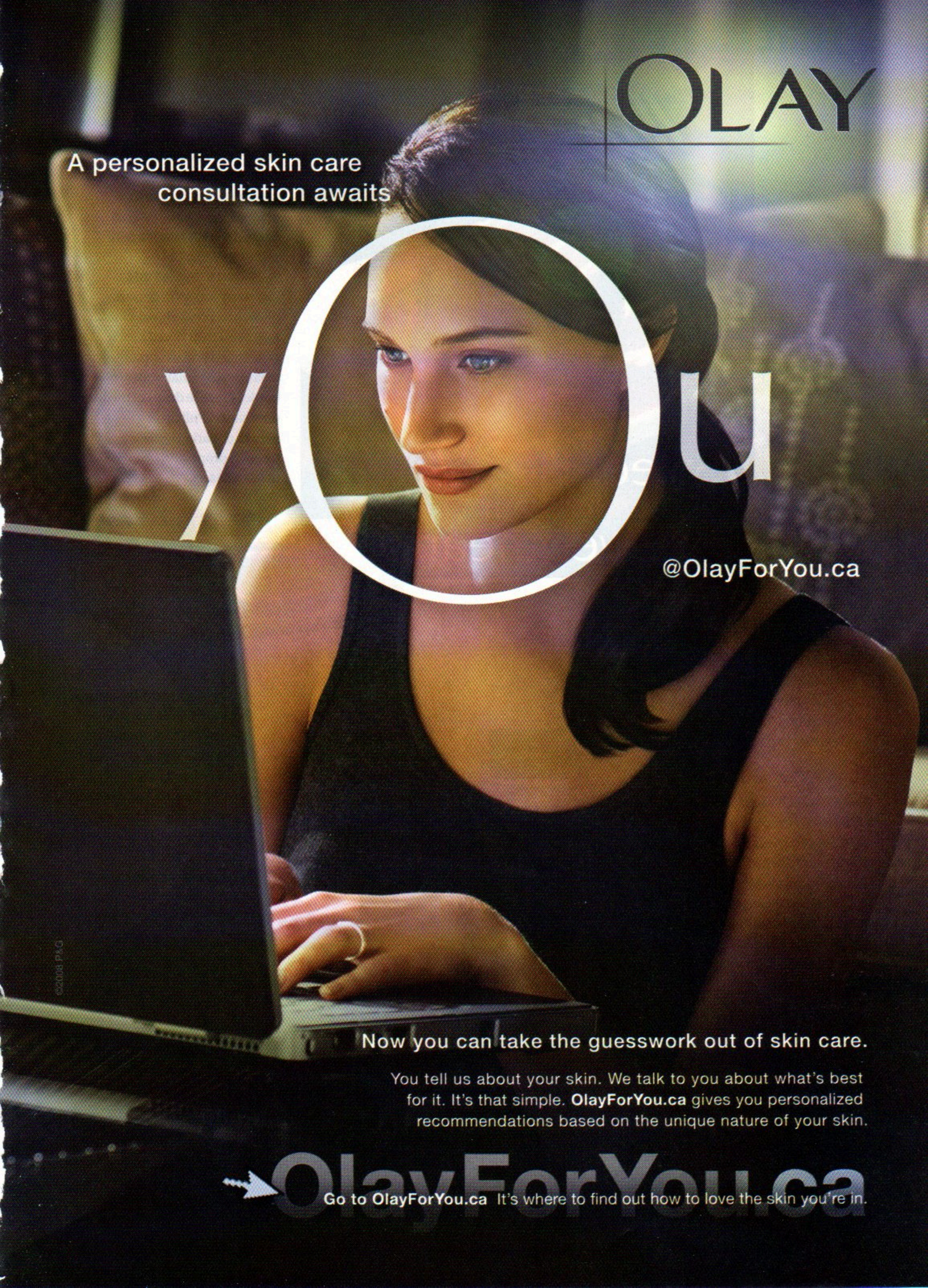
Grab your valentine and turn up the heat with dance workouts that are a lot of fun and get your heart rate up. Spice up your night with a few steps like the samba reggae in Acacia's *Dance and Be Fit: Brazilian Body*. The music sets the rhythm – just add a few hip-swinging moves and you have a calorie-burning party in your own living room. $18. For info, visit www.chapters.indigo.ca.





Whether you're walking, jogging, cycling or skiing, it's not always easy to remember to take identification along. Vital ID makes it simple, with shoe tags and helmet stickers. They're great for kids, too. For more info, visit **www.vitalid.ca.**

PHOTOGRAPHY: MARYELLEN BAKER/JUPITER IMAGES UNLIMITED/FOODPIX (TOP RIGHT); MARK BURSTYN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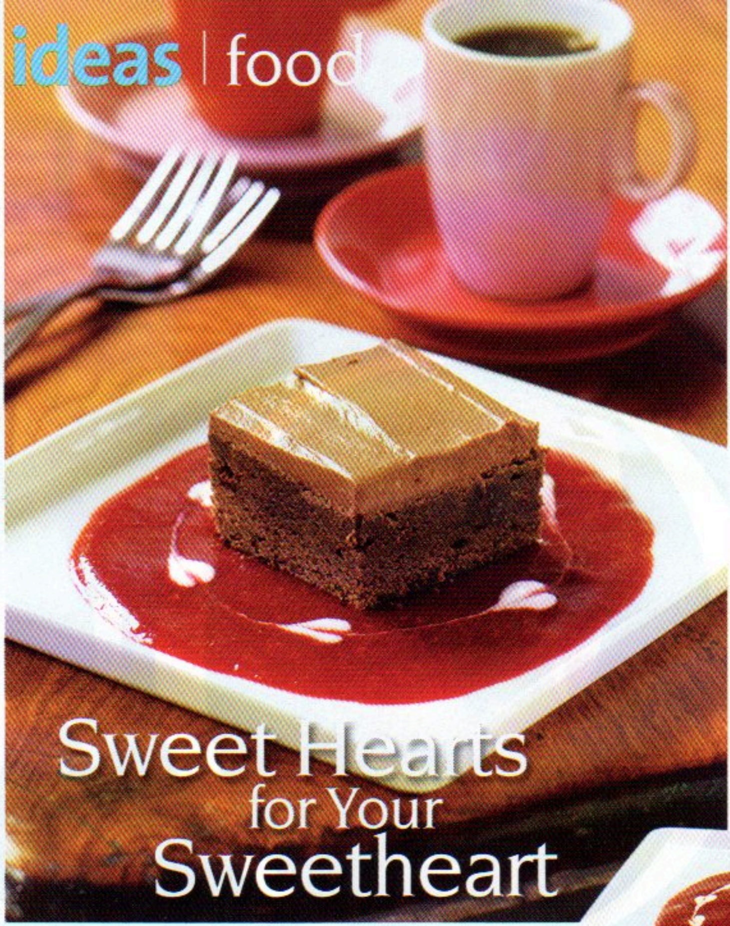
You tell us about your skin. We talk to you about what's best for it. It's that simple. OlayForYou.ca gives you personalized recommendations based on the unique nature of your skin.
OlayForYou.ca
Go to OlayForYou.ca It's where to find out how to love the skin you're in.

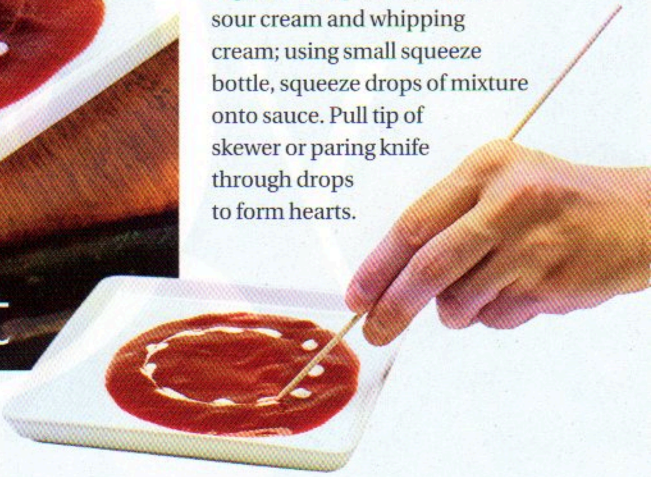


Sweet Hearts for Your Sweetheart

Dress up your valentine's dessert plate with these deliciously pretty hearts.

❧ In food processor, purée 1 cup (250 mL) thawed frozen raspberries with 2 tbsp (25 mL) granulated sugar. Press through fine sieve to remove seeds.

❧ Spread 3 tbsp (45 mL) raspberry sauce on dessert plate. In separate bowl, whisk together 1 tbsp (15 mL) each sour cream and whipping cream; using small squeeze bottle, squeeze drops of mixture onto sauce. Pull tip of skewer or paring knife through drops to form hearts.



ICEWINE COCKTAILS

Celebrate icewine season with one of these cool cocktails from Jeff Sansone, head bartender at Canoe Restaurant and Bar in Toronto. **To learn more about icewine, turn to page 87.**

The Ice Queen

Garnish this beautiful beverage with frozen grapes. They make excellent edible ice cubes that won't dilute your drink.

❧ In cocktail shaker filled with ice, vigorously shake together 1½ oz (40 mL) white cranberry juice, 1¼ oz (35 mL) vodka and ⅓ oz (10 mL) ice wine. Strain into frosted martini glass. **Makes 1 serving.**

The Icicle

Tipsy raisins are a fun garnish for his libation. Just soak raisins in icewine for about 1 hour. They'll dance in the glass when they touch the Champagne bubbles.

❧ Pour ½ oz (15 mL) icewine into Champagne flute; top with 5 oz (150 mL) Champagne or sparkling wine. **Makes 1 serving.**

FOR SHOPPING INFORMATION, SEE PAGE 148

Sugah! and Spice

Sugah!, a Halifax confectioner, offers a wide variety of handmade candy and treats to indulge your sweetheart's sweet tooth. Our favourites:

- **Chipotle Pistachio Clusters:** Loads of whole pistachios enrobed in dark chocolate laced with smoky chipotle chile. 200 g, $7.95.
- **Lucky Dragon Caramel Corn:** Crunchy popcorn, almonds and Spanish peanuts smothered in caramel. 150 g, $4.95.
- **Fog Burner Brittle:** Small-batch-roasted dark coffee and sugar combined in a crunchy brittle to help you battle the mid-afternoon slump. 300 g, $6.95.

PHOTOGRAPHY, MARK BURSTYN

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She'll be your plus one when your date can't make it.
She'll lend you her car when yours makes that weird noise again.
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A great girlfriend makes things easy. That's why she told you about Nice'n Easy to help you overcome your colour-at-home phobia. With up to **40% more dimension***, it's a fabulous way to get a gorgeous blend of highlights, lowlights and shine that everyone will envy. Everyone but your closest girlfriend of course.
nice'n easy
CLAIROL
nice'n easy
*vs. untreated hair.

"A great speech is like a skirt: short enough to be attractive, but long enough to cover the subject."

– Christian Courtin

style

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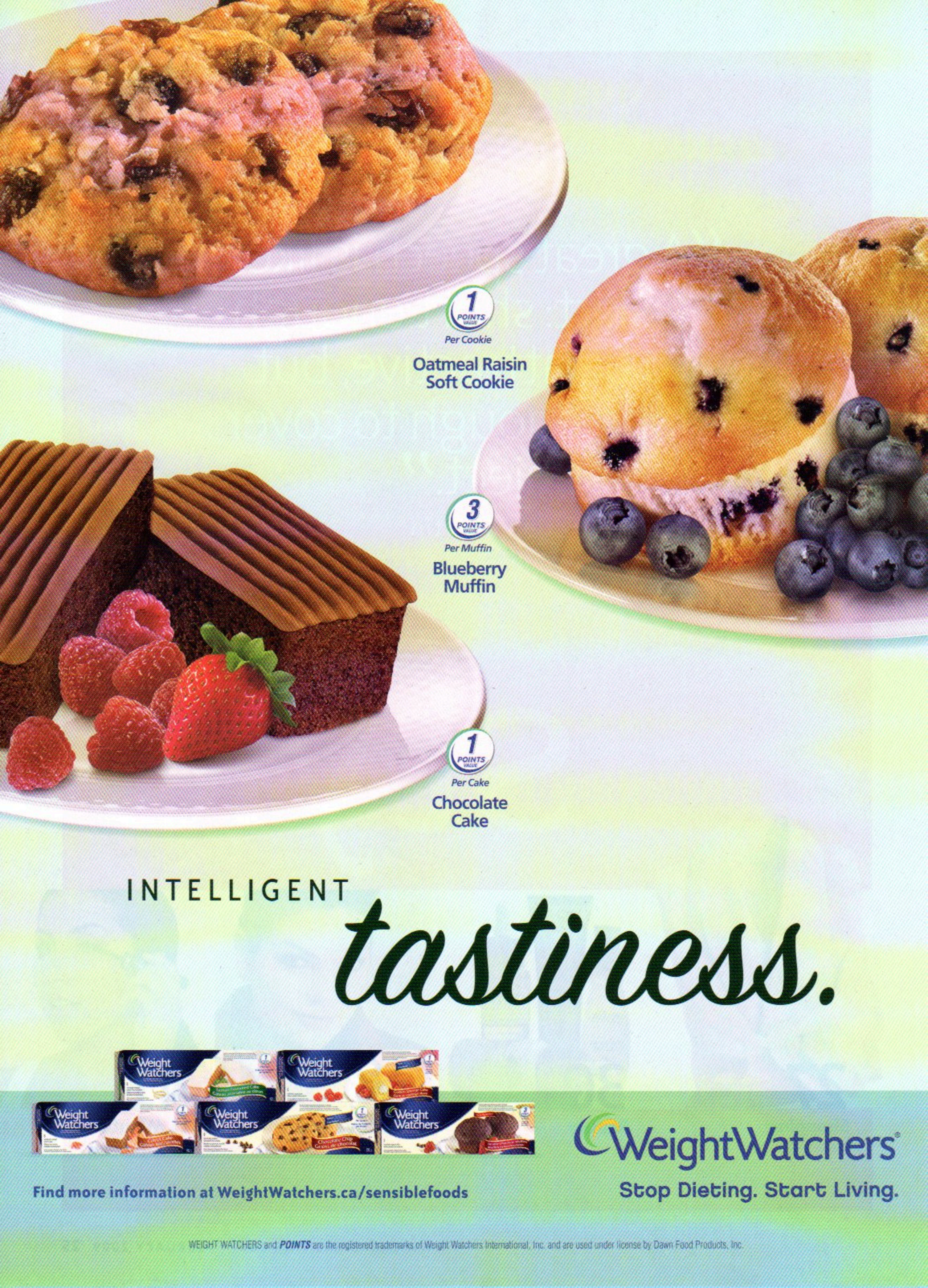
33 **We Love Red**

41 **15 Minutes to Fabulous**



1 POINTS VALUE
Per Cookie
Oatmeal Raisin Soft Cookie
3 POINTS VALUE
Per Muffin
Blueberry Muffin
1 POINTS VALUE
Per Cake
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Trend Watch: Sweet Dreams

It's easy to get a good night's sleep when clothed in the most comfortable and laid-back of all garments – pyjamas! Keep warm on those chilly winter nights with our top picks in sleepwear styles.

BY KAREN KWINTER

Pink satin nightshirt with black trim, La Senza, $26.50. Plush white robe with heart print, Simon Chang Lingerie, $50.

PHOTOGRAPHY, MARK BURSTYN. FASHION ASSISTANT, JULIA McEWEN. OFF-FIGURE STYLIST, HADRIEN

Plush pink full robe, La Senza, $39.50.

Pink cotton daisy-print short robe with lace trim, Frou Frou, $98.

Oatmeal-colour cashmere robe, Bath and Body Works, $49.50.

White cotton tank top, Joe Fresh Style, $10. Pink plaid cotton pants, Gap, $34.50.

Pink pyjamas with white polka dots, La Senza, $39.50.

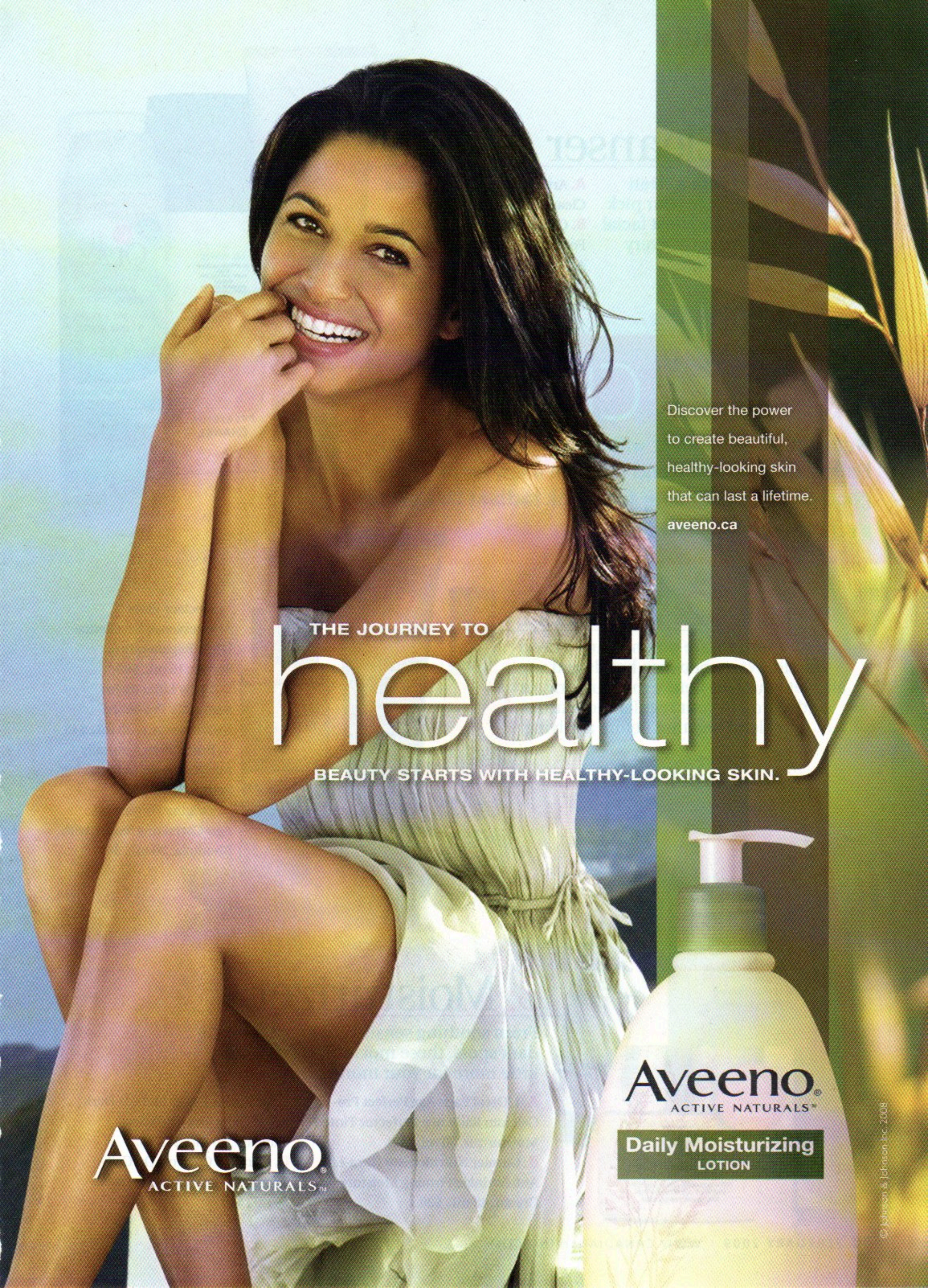
Red satin classic pyjamas, Jessica at Sears, $30.

Hot pink cotton flannel pyjamas with black graphic print, La Senza, $19.50.

FOR SHOPPING INFORMATION, SEE PAGE 148

canadianliving.com/**february**

Sleep easy with soothing new bedtime beauty products.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Editor's Choice

Not sure where to start with your skin-care regimen? Follow these steps – and throw in a few extra goodies – to make your face look radiant this winter.

BY JESSICA UNGERMAN

1: Cleanser

Start with a clean face. Take your pick from the latest facial cleansers in every price range.

A. Artistry Essentials Hydrating Cleanser, 135 mL, $15.40.
B. Chanel Précision Rinse-Off Foaming Gel Cleanser Purity + Anti-Pollution, 150 mL, $46.
C. Olay Dual Action Cleanser + Pore Scrub, 150 mL, $11.

2: Serum

Serums are potent – just a drop will do. Warm between hands and use all over your face before moisturizing, or add a drop to your regular moisturizer and blend together before applying.

A. Decléor Paris Aromessence Excellence Ultra-Regenerating Serum, 15 mL, $98.
B. Vichy LiftactivPro Serum C+ Pro-Fibre Intensive Care, 30 mL, $45.
C. Burt's Bees Naturally Ageless Intensive Repairing Serum, 13 mL, $25.
D. Origins Youthtopia Age-Correcting Serum with Rhodiola, 30 mL, $69.

3: Moisturizer

From soothing sensitive skin to removing dark spots, these moisturizers all offer a little more for your money.

A. L'Oréal Paris Age Perfect Pro-Calcium Radiance Perfector Tinted Moisturizer, 50 mL, $30.
B. Garnier Nutritioniste Ultra-Lift Anti-Wrinkle Firming Moisture Cream, 48 mL, $20.
C. La Roche-Posay Mela-D Dark Spots Daily Anti-Dark Spot Skincare, 30 mL, $43.50.
D. Clinique Comfort On Call Allergy Tested Relief Cream, 50 mL, $47.

PHOTOGRAPHY, GEOFFREY ROSS

EYE CREAMS

Aveeno Positively Ageless Lifting and Firming Eye Cream, 15 mL, $31.
"I have dry skin, and I instantly felt the tightness around my eyes soften. I also enjoyed the subtle, fresh scent."
– Teresa Sousa, editorial assistant

Lise Watier Système Anti-Rides Bio Lift Eye Patch Instant Anti-Wrinkle Eye Lift, $32 for 6 pairs.
"These refreshing patches instantly plumped up and moisturized my skin – like a mini eye lift!"
– Donna Paris, senior editor

The Body Shop for Men Maca Root Eye Serum, 15 mL, $20.
"The tender skin around my eyes felt smoother after three days of using the serum. Knowing it is a Community Trade product is a bonus."
– Doug O'Neill, executive editor

FOR SHOPPING INFORMATION, SEE PAGE 148

For Men Only

Specifically designed for him, these skin-care products will keep your man from dipping into your favourite creams.

- **Neutrogena Men Razor Defense Face Scrub, 123 mL, $10.**
- **Yves Rocher Ginseng Actif Pour Homme Anti-Aging Skin Care, 40 mL, $33.**
- **Lancôme Men Renérgy 3D Lifting, Anti-Wrinkle, Firming Cream, 50 mL, $75.**

› Let these lotions sink in and go to work for you while you catch your beauty rest.

› Nivea Visage Rich Regenerating Night Care, 48 g, $9.29.
› NeoStrata Wrinkle Defense Anti-Wrinkle Night Complex, 30 mL, $36.
› Shu Uemura Phyto-Black Lift Renewing Firming Night Cream, 50 mL, $165.

YOUR FACE
GETS FACIALS
YOUR NECK
GETS NECK RUBS
YOUR SCALP
DESERVES
ATTENTION TOO
RESPECT THE SCALP
LOVE THE HAIR
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smooth & silky
head & shoulders
smooth & silky
conditioner
Head & Shoulders starts at the scalp to help nourish hair, leaving it beautiful and visibly flake-free.* Recommended by the Dermatology Review Panel.
Visit headandshoulders.ca for a trial offer.
*with regular use; vs. non-conditioning shampoos.
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We ♥ Red

RED CARPET
Scoop-necked sleeveless dress with beading, Laura Plus, $275. Large sterling silver bone cuff, Tiffany and Co. Silver synthetic leather strappy open-toed heels, Aldo.

In honour of Heart Month, we bring you a beautiful plus-size style portfolio in head-to-toe red – the boldest, most passionate and most wearable colour of the rainbow.

BY KAREN KWINTER

PHOTOGRAPHY BY SEED9

FASHION ASSISTANT, JULIA McEWEN

HAIR AND MAKEUP BY GREGORY GRAVELINE/ PLUTINO GROUP

RIGHT AS RED

Wool/polyester blazer, $159; red-and-white-striped cotton blouse, $79; dark blue cotton/spandex jeans, $89. All Tabi. Silver hammered metal cuff, DeMaria. Oversize black leather fold-over clutch, Jessica Jensen. Red leather ballet flats, Blowfish.

RAVISHINGLY RED

Oversize wool cardigan, $425; black silk/spandex T-shirt, $228; black, red and beige silk knee-length floral skirt, $295. All Toni Plus. Black triple-strand beaded necklace, Aldo. Red patent leather quilted pumps, Barefoot Tess.

LADY IN RED

Cashmere cardigan, $325; cashmere sleeveless knit top, $225; black wool pants, $318. All Toni Plus. Silver-and-black pebble-shaped earrings, Foxy Originals. Black double-strand necklace with hanging crystals and stone detail, Sugar. Black ceramic watch, Rado.

Plus-Size Styling TRICKS & TIPS

1. Every woman should have a vertical-striped, tailored blouse in her wardrobe. Vertical stripes produce an optical illusion by forcing the eye to look up and down, creating a leaner look.

2. A simple way to lengthen your legs is with a fabulous pair of heels. Not only do they add height, but they also give a stylized, slimmed-down appearance. Stores like Barefoot Tess offer a wide variety of stylish shoes for women with larger feet.

3. The taller and larger you are, the bigger and bolder you can go with accessories; it's all about the rules of proportion. Jewelry is perfect for highlighting your best features, so choose trendy, attention-grabbing pieces.

4. When choosing the hue of your hosiery, match it to your skirt and shoes to create a monochromatic colour scheme. This trick generates an elongated, slim silhouette and works with every colour, so don't get stuck in a black rut.

5. Finding those perfect jeans can be a daunting task, no matter what size you are. Slenderizing jeans should always be dark and made with a firm fabric. Find jeans that fall in a straight line from the hip to the floor.

FOR SHOPPING INFORMATION, SEE PAGE 148

CODE RED
Blouse, Marina Rinaldi, $365. Large jet glass and silver filigree necklace, Jewellery by Karen.

canadianliving.com/**february**

Red all over: Find the right shade for your lips.

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OLAY
New
DEFINITY
COLOUR RECAPTURE
The coverage of foundation meets
the power of anti-aging moisturizer.
New Definity Colour Recapture
This is a new kind of moisturizer that not only gives you immediate, sheer, illuminating coverage, it goes beyond to fight what ages your skin most, like lines, wrinkles and discolouration.*
Available in 3 skin-complementing shades.
*Hydrates to diminish the appearance of wrinkles and discolouration.
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10 MINUTES WITH JASON BACKE,

CELEBRITY COLOURIST

Jason is the master colourist at the Ted Gibson Salon, where he treats the tresses of A-list celebs. Here, he answers questions about Perfect 10 by Nice'n Easy, which provides designer, high gloss colour in just 10 minutes.

Q I love the idea of a 10 minute haircolour, but I'm skeptical. Can it really cover all my grey and give me beautiful colour in just 10 minutes?

A Yes. The Perfect 10 formula is one of a kind – completely different from traditional formulas. Clairol was the first to invent this new technology, designed to interact with hair's melanin much more efficiently, so the develop time is significantly shortened.

In fact, the colour actually looks its best after only 10 minutes, so I don't recommend that you leave it on any longer than that. So, what are you going to do with all your free time?

Q If the formula does its job in 10 minutes, does that mean it's harsh on my hair?

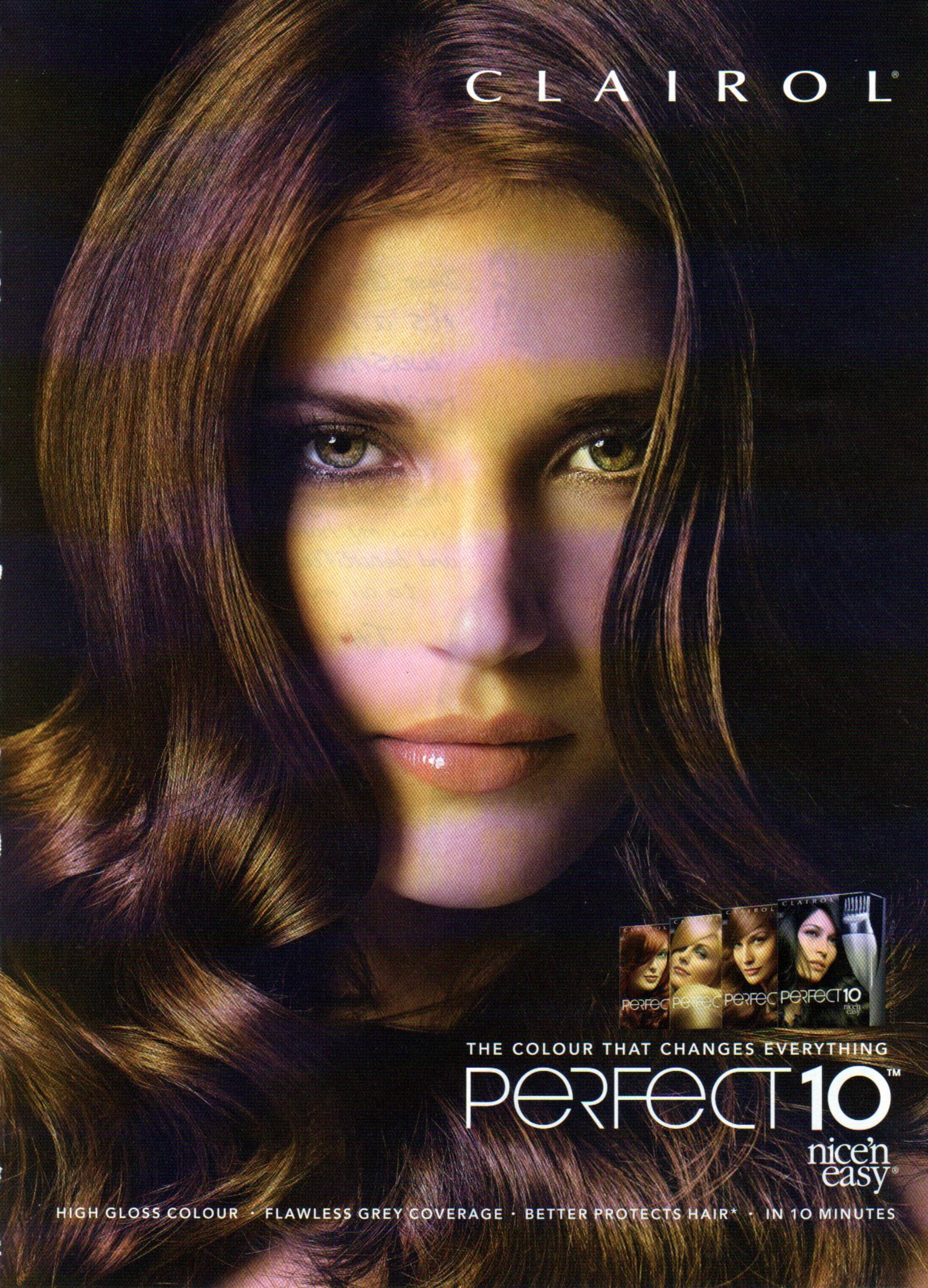
A Perfect 10 actually protects your hair better* than the leading permanent colourant by helping to preserve hair's natural protective coating. This, plus built-in conditioners, leads to smoother, shinier hair.

Q I always have a hard time getting the formula completely through my hair, especially in the back. Any advice?

A Unless you're a contortionist, thorough application can be very tricky! That's why Perfect 10 by Nice'n Easy comes with a patented PerfectColour Comb. It releases the colour crème at several different outlets, for maximum distribution. Every strand is saturated from root to tip with high gloss colour. What's more, there's a tip applicator included for easy root application.

Find out more and go shade shopping at PERFECT**COLOUR**IN**1O**.CA

*LESS SURFACE DAMAGE VS. LEADING PERMANENT COLOURANT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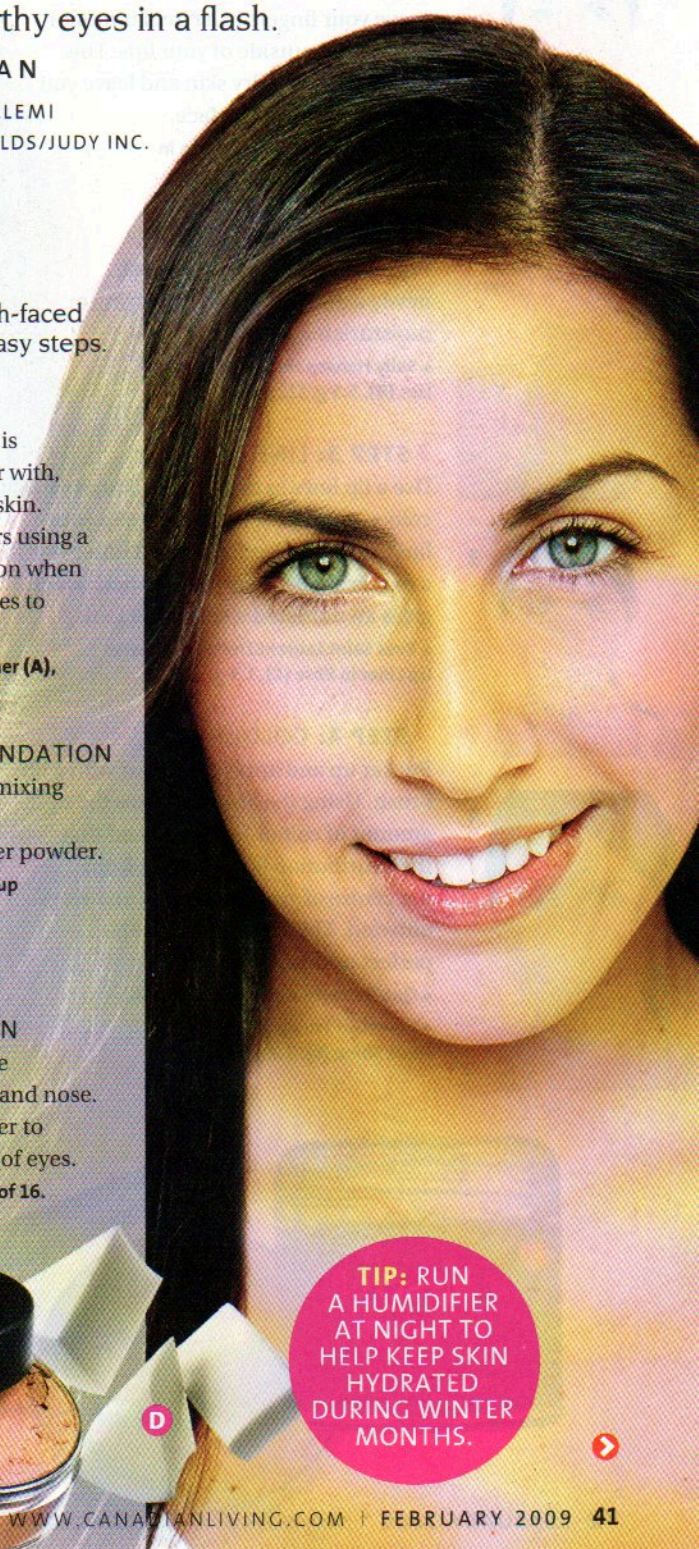
This stuff really works!
7 intensive moisturizers plus 3 vitamins to help heal extremely dry skin

15 Minutes to Fabulous

As she heads out to promote her first album, singer Amanda Morra needs to speed up her beauty routine. We show her (and you, too!) how to get glowing skin, perfect lips and lustworthy eyes in a flash.

BY JESSICA UNGERMAN

PHOTOGRAPHY BY ARASH MOALLEMI
HAIR AND MAKEUP BY BUFFY SHIELDS/JUDY INC.



FLAWLESS SKIN

Walk out the door looking fresh-faced and radiant with these three easy steps.

1

STEP 1: PRIME

A makeup artist must-have, primer is something most of us do not bother with, but it really is the secret to smooth skin. Spread primer onto face with fingers using a circular motion. Pay special attention when applying it around fine lines and eyes to make sure you reach every spot.

- **Revlon Beyond Natural Smoothing Primer (A), 25 mL, $17.**

2

STEP 2: ADD TO YOUR FOUNDATION

Add a subtle glow to your skin by mixing liquid foundation with a drop of illuminating lotion or gold shimmer powder.

- **L'Oréal Paris Infallible Never Fail Makeup in Classic Ivory (B), 30 mL, $18.**
- **M.A.C Iridescent/Loose Powder in Golden Bronze (C), 12 g, $25.**

3

STEP 3: APPLY FOUNDATION

Using a makeup sponge, blend the foundation onto forehead, cheeks and nose. With your finger, apply a highlighter to cheekbones and the inner corners of eyes.

- **Quo Cosmetic Wedges (D), $4 for pack of 16.**

TIP: RUN A HUMIDIFIER AT NIGHT TO HELP KEEP SKIN HYDRATED DURING WINTER MONTHS.

PRODUCT PHOTOGRAPHY, GEOFFREY ROSS. TANK TOP, OLD NAVY

THE POLISHED POUT

A coat of clear lip gloss just won't cut it anymore. Go for a more grown-up look with these four simple steps.

1

STEP 1: EXFOLIATE

Apply a grainy scrub to your lips and move your fingers in a circular motion around the outside of your lips. This will remove any dry skin and leave you with a smooth lip surface.

- **The Lip Scrub by Sara Happ in Cinnamon Sugar (A), 30 g, $25.**

2

STEP 2: MOISTURIZE

Protect and hydrate your fresh, newly exfoliated lips by applying a moisturizing salve.

- **Sally Hansen Healing Butter for Lips (B), 5.5 g, $12.95.**

3

STEP 3: LINE LIPS

Use a lip liner in the same shade as your lip colour to create a barrier to keep your lipstick from bleeding. Avoid lining lips in a darker shade than your lipstick, which gives an outdated visible liner look.

- **Yves Saint Laurent Dessin des Lèvres Lip Liner in Rose (C), 1.3 g, $26.**

4

STEP 4: COLOUR LIPS

Pucker up and apply lip colour with a lip brush. Using the brush ensures the right amount of colour is applied and that the distribution is even. Start from the centre of your bottom lip and work outward. This nude colour is the perfect midwinter shade.

- **Quo Retractable Lip Brush (D), $12.**
- **CoverGirl TruShine LipColour in Nude Shine (E), 3.2 g, $9.**

canadianliving.com/february

Check out a mix-and-match wardrobe Amanda can take on tour, and enter to win her new CD.

PRODUCT PHOTOGRAPHY, GEOFFREY ROSS

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ENCHANTING EYES

Bring out the natural beauty in your eyes by highlighting and defining them.

STEP 1: LINE EYES

Using a black eye pencil, line your upper lash line only. Blend or smudge the line using a cotton swab so the actual line isn't noticeable. This will help lashes appear fuller and more dense without looking harsh.

• Cargo PlantLove 100% Natural Origin Eye Liner in Black (A), 1.43 g, $16.

STEP 2: SHADOW

Go for a beige eye shadow that comes as a duo – with one light nude and one darker shade. To create depth, brush the lighter shadow all over the upper lids using an eye shadow brush, then apply the darker shade onto the eyelid creases and toward the outer corners of the eyes.

• Mark by Avon I-Mark Custom Pick Eye Shadows in Biscotti and Tough Luxe (B), 2.5 g each, $6 each, plus $6 for the case.

STEP 3: HIGHLIGHT

Using an eye shadow brush, dust a shimmery cream-toned shadow onto your brow bones.

• Avon Smooth Mineral Eyeshadow in Bronze-Stone (C), 2 g, $8.

STEP 4: DEFINE

Add definition by applying brown eyeliner pencil onto the outer corners of the eyes, as close to the lashes as possible.

• Elizabeth Arden Color Intrigue Eyeliner in Umber (D), 0.33 g, $23.

STEP 5: VOLUMIZE LASHES

Maximize your lashes with black mascara – two coats on the top lashes, allowing the first coat to dry before applying the second, and one coat on the bottom lashes.

• Maybelline New York XXL Extensions Microfiber Mascara in Very Black (E), 8.8 mL, $11.

FOR SHOPPING INFORMATION, SEE PAGE 148

PRODUCT PHOTOGRAPHY, GEOFFREY ROSS

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DOES YOUR MAKEUP
MAKE YOU LOOK OLDER?
INTRODUCING SIMPLYAGELESS™
THE MAKEUP THAT SIMPLY WON'T AGE YOU.
Some anti-aging makeup, even a high-end department store brand, can settle in lines and wrinkles and actually make you look older! But CoverGirl and Olay have teamed up to create a stunning alternative: makeup with an advanced new Olay Regenerist serum inside. New Simply Ageless stays suspended over fine lines and wrinkles to create flawless coverage – for a more amazing you!
Ellen looks simply amazing in Ivory.
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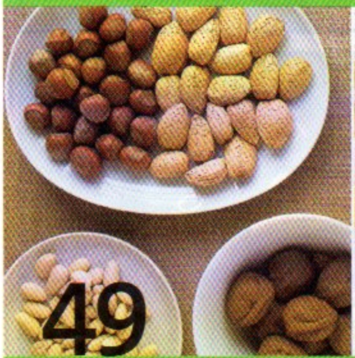
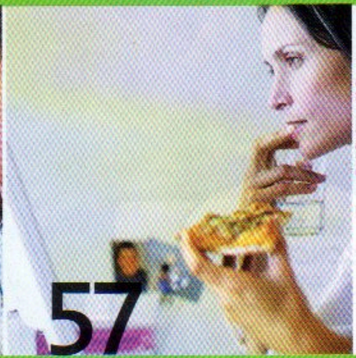
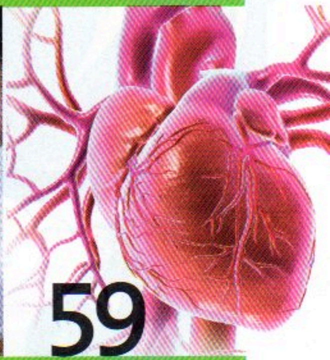
health

"Hear your heart.
Heart your health."
– Faith Seehill



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THINSATIONS.CA

*per 22g pack. Snack mix.

GERMS CAN BE GOOD FOR YOU

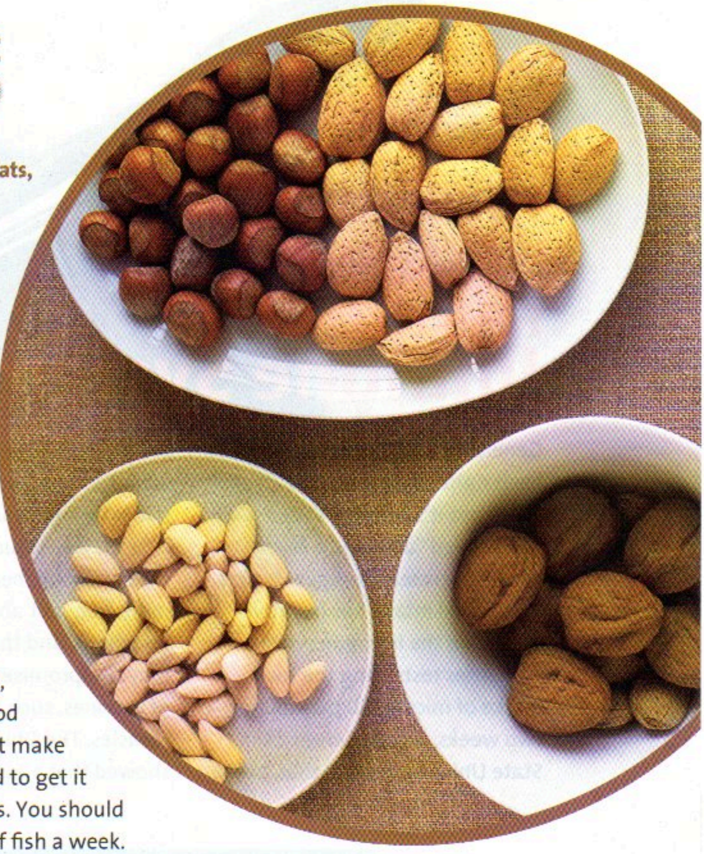
The germs that children catch from one another may actually help them in the long run. A study by researchers at the University of Manchester in the U.K., published in the *Journal of Allergy and Clinical Immunology*, found that children enrolled in day care at any age were 35 per cent less likely to develop wheezing (a symptom of asthma) compared to children who didn't attend day care. The study also found that the earlier the exposure begins the better; children who entered day care between six and 12 months of age were 75 per cent less likely to wheeze.

Why such a wide variation in wheezing rates? The researchers believe exposure to infections and germs may boost the immune system.

In Canada, more than half a million children are affected by asthma.

– Sarah Schroer

Heart-Smart Foods



If you're heart smart, you probably avoid unhealthy fats, cholesterol and salt. But what should you eat instead? Here are some excellent suggestions from Carol Dombrow, a registered dietitian and a nutrition consultant for the Heart and Stroke Foundations of Ontario and Canada.

FISH

Salmon, herring, mackerel and trout are all full of omega-3 fatty acids, which may help lower blood pressure. "Our bodies can't make this kind of fat, so we need to get it from food," Dombrow says. You should eat at least two servings of fish a week.

NUTS

Nuts may reduce the risk of blood clots and improve the health of arterial linings. Snack on almonds, pecans, peanuts and hazelnuts. Add walnuts for an added omega-3 boost.

COLOURFUL FOODS

Vegetables like broccoli, red peppers and carrots, and fruits like tomatoes, oranges, kiwi and strawberries are all heart-healthy choices. Eat the skins for added fibre, and steam the vegetables to preserve the most nutrients.

Dombrow also recommends the following heart-friendly foods.

- Beans and legumes (for example, black beans, chickpeas and kidney beans), to help lower bad cholesterol and increase good cholesterol.
- Flaxseed for its omega-3 benefits.
- Grapes. Resveratrol, a substance found in the skin and seeds of grapes, may reduce the risk of heart disease.
- Blueberries, cranberries and pomegranates – they're rich in heart-healthy flavonoids.

– S.S.

YOU ASKED US

Q I love coffee, but it's starting to give me heartburn. Is there something I can do so I don't have to forgo a cup of my favourite drink?

Heartburn may be a symptom of a condition known as reflux (also called acid reflux or gastroesophageal reflux disease), which occurs when stomach acids back up into the esophagus, causing a burning sensation in the chest area.

It's not usually the caffeine that's the problem, but some other compound in coffee that relaxes the sphincter and may stimulate acid secretion in the stomach.

Even though caffeine may not be the culprit, you can lower your intake to one coffee in the morning. Adding milk won't help most people, but, again, it may help some, so it's worth trying as well.

If that doesn't help, try drinking decaffeinated or low-acid coffee. Or check out coffee substitutes, which are usually made with chicory but may also contain other ingredients, or herbal teas.

• **Fran Berkoff** *is a dietitian and coauthor of* Power Eating: How to Play Hard and Eat Smart for the Time of Your Life.

PHOTOGRAPHY: GEOFF GEORGE (BOTTOM); JUPITERIMAGES UNLIMITED/CREATAS IMAGES

Feed Your Immune System

Generations of mothers may have been right when they said "feed a cold," but it's possible they should have added "and feed a fever, too." New research suggests that lower food intake has negative effects on the immune system.

After restricting the food intake of mice by 30 per cent for two weeks, researchers at Ohio State University noted that, at the end of the two weeks, the mice were less able to fight both bacterial and viral infections.

Previous studies have found that malnourished children have more frequent and more chronic infections, and that malnutrition may compromise the effectiveness of vaccines, such as those for measles. The Ohio study also showed that a restricted diet significantly decreases B cells, which maintain immune memory and produce antibodies. While we don't yet know for sure which specific foods contribute to immunity, it is clear that individuals with anorexia or others who seriously restrict their caloric intakes can compromise their immune systems.

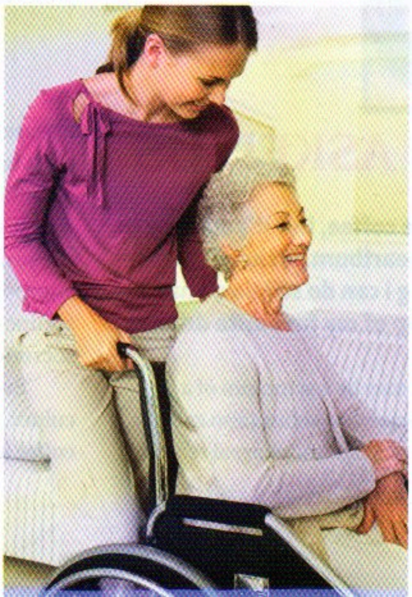
– Gilda Swartz

SIZE MATTERS

Can your size affect your child's weight? Perhaps not directly, but being surrounded by overweight or obese people can cause a child to overlook her own weight troubles, suggests a study by researchers at Université de Montréal, McGill University, Ste. Justine Hospital and Concordia University in Montreal. The researchers presented 3,665 children, ages nine, 13 and 16, with pictures of silhouettes ranging from underweight to obese, and asked them to circle the figure that most resembled themselves. While 23 per cent of the children were overweight or obese, less than two per cent perceived themselves as overweight. By being surrounded by overweight people, children "may develop inaccurate perceptions of what constitutes a healthy weight, so their own weight may seem normal by comparison," says Katerina Maximova of McGill University, the lead author of the study. "These misperceptions may make children less motivated to engage in healthy behaviours." *– Sarah Schroer*

Are you struggling with the demands of being a caregiver? If so, you're not alone. Approximately three million Canadians are caregivers to a spouse, child, parent or friend. Check out the website www.caregiver-connect.ca, launched by the Victorian Order of Nurses Canada. You'll find information about federal programs, community-based resources, links to health information and discussion forums.

– S.S.



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Omega-3 — The heart-healthy fat

Fatty acids are the basic building blocks of fats and oils. Omega-3 fatty acids are one family of essential fats that the body uses to regulate cell activity and cardiovascular function. Two of the most important omega-3 essential fatty acids are EPA and DHA found in cold-water fish. That's why heart associations recommend eating two or more servings each week of salmon, sardines, mackerel or herring.

Anyone whose diet doesn't regularly include fish can benefit from a daily omega supplement. Jamieson Omega-3 Heart is made from EPAX™ oils, the world's finest marine-based omega-3 essential fatty acids that have been purified to remove environmental pollutants. Each capsule contains 400 mg of pure EPA and 200 mg of pure DHA in the ideal 2:1 ratio that is recommended for optimal cardiovascular health. Then Jamieson goes one step further, enhancing the formulation with OleaSelect,™ a patented heart-healthy Italian olive extract.

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Have you ever wondered how long you'll live? Now you can find out. Check out www.livingto100.com and take the quiz to discover your life expectancy. The website was created by Dr. Thomas Perls, the founder of the New England Centenarian Study (the largest study in the world looking at centenarians and their families). The results are calculated based on your personal habits and family history. You also get tips on adding years to your life. Did you know that flossing your teeth could add an entire year?

– Sarah Schroer

DETECT HEART DISEASE BY ULTRASOUND

Taking an ultrasound picture of the carotid artery in the neck may be another way to detect early heart problems. The idea is to measure the thickness of the artery; if it's narrowed and contains plaque, plaque is likely present elsewhere in the body, says Dr. William Hughes, a cardiologist who operates a clinic in Peterborough, Ont., that offers the scan. But Dr. Chi-Ming Chow, a cardiologist at St. Michael's Hospital in Toronto and spokesperson for the Heart and Stroke Foundation, cautions that this test should not be used in isolation. Lifestyle factors (such as smoking, excessive drinking and lack of exercise) should be assessed, and health factors such as blood pressure, cholesterol, weight and waistline should be measured once a year (more often if you have a family history of heart disease). If, after evaluation of these factors, you appear to be at medium risk, then carotid artery screening may be used as an additional assessment tool. *– S.S.*

Kids and Blood Pressure

An estimated five per cent of youngsters have higher-than-normal blood pressure, and that figure is on the rise. Researchers at Brock University in St. Catharines, Ont., are working to find out why. Their study looks at the role of social factors like poverty and geography, investigating such issues as whether a child's unhealthy diet is a result of living with a single parent whose limited income doesn't stretch far beyond fast-food meals and whether a child's lack of physical activity is due to a shortage of organized activities in the community where he lives.

High blood pressure (also called hypertension), which is extra pressure on the blood vessel walls, usually has no symptoms, but can sometimes lead to headaches, fatigue and dizziness. Carrying the problem into adulthood can increase the risk of cardiovascular disease.

The study results should be published early this spring. *– S.S.*

Jamieson Natural Sources

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yourhealthyweight.ca

Heart Murmurs

BY SARAH SCHROER

A heart murmur refers to an abnormal sound – variously described as a whooshing, swishing, rasping or blowing noise – created when blood moves through the heart. The sound is most often caused by a heart valve that doesn't open or close properly. Here's what you need to know about heart murmurs.

1 Having a heart murmur doesn't mean you have heart disease.

About 61 per cent of heart murmur cases referred to a specialist are described as "innocent," which means they don't affect heart function, says Dr. Andreas Wielgosz, a cardiologist at the University of Ottawa and spokesperson for the Heart and Stroke Foundation. Up to 60 per cent of children will have a heart murmur at some stage, but the murmur will typically go away as the child grows. For example, a child born with a small hole on the inside wall of her heart may have a heart murmur, but as she grows and the hole closes, the murmur will likely disappear. In adults, innocent murmurs can also occur temporarily if their blood flows faster or harder than usual, for example, during pregnancy or while battling a fever. In cases of innocent heart murmurs, a doctor may order an echocardiogram to monitor the condition and rule out serious heart valve malfunction.

2 Heart murmurs are graded from 1 to 6, depending on how loud they are.

A Grade 1 murmur is barely audible with a stethoscope, while a Grade 6 murmur is audible without one. Grades 4 through 6 are accompanied by a vibration, or "thrill."

But don't assume you're in the clear if your murmur has a low grade. The location of the heart murmur is usually more important than the grade in determining the seriousness of the problem, says Wielgosz.

3 There are four types of heart murmurs.

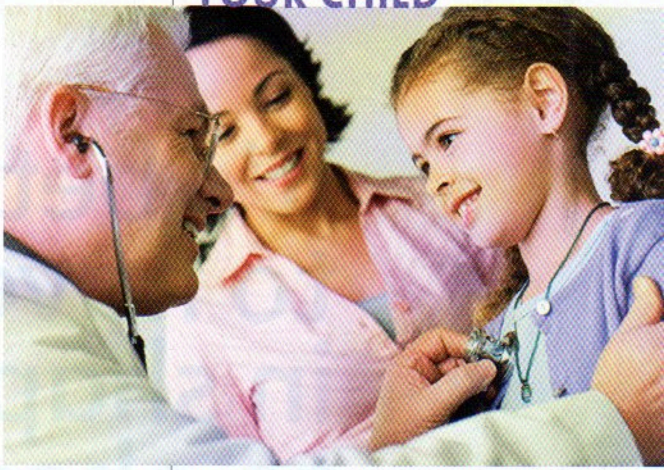
A heartbeat occurs when the heart valve opens and shuts to let blood pass into the different chambers. In addition to innocent murmurs, there are three types of abnormal murmurs, each occurring at a different stage of the heartbeat cycle. These are:

- SYSTOLIC (occurs as the heart muscle contracts between beats);
- DIASTOLIC (occurs as the heart muscle relaxes between beats); and
- CONTINUOUS (occurs throughout the heartbeat cycle).

4 Treatment of noninnocent heart murmurs depends on the underlying problem and varies widely.

Surgery may be needed to patch a hole, fix or replace a valve, or rebuild or widen a vessel. Drugs may help reduce the heart's extra workload caused by the murmur or help prevent blood clots. Antibiotics may be required before a medical or dental procedure to lower the risk of blood-borne bacterial infections that are caused by roughened tissues that trap bacteria to the heart's walls. If, on the other hand, there are no symptoms (chest pains, heart palpitations or breathlessness), your condition may only need monitoring. ●

SIGNS OF AN ABNORMAL MURMUR IN YOUR CHILD



Does your infant show any of these symptoms? If so, check with your doctor to see if your child has a heart murmur.

- Feeding intolerance (diarrhea, blood in the stools, vomiting)
- Failure to thrive (inability to gain weight)
- Respiratory symptoms (coughing)
- Bluish discoloration of the skin and mucous membranes (caused by cyanosis, a lack of oxygen in the blood)

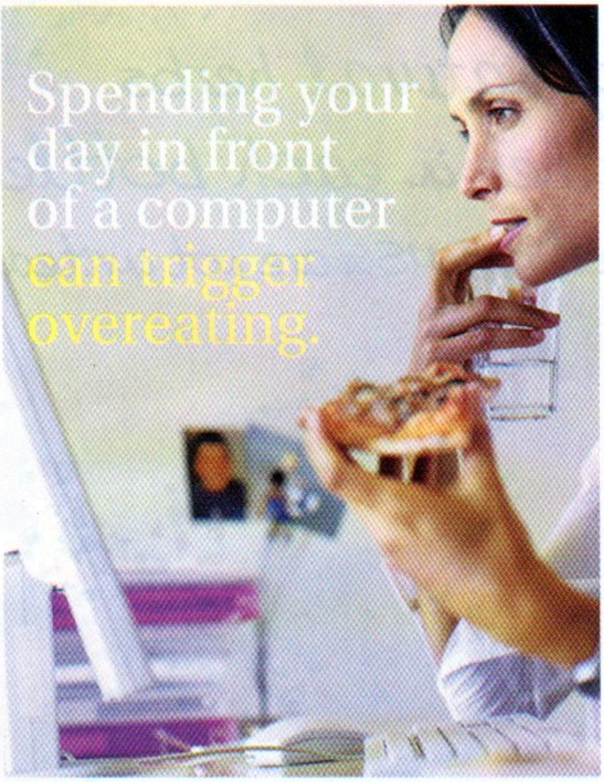
ADDITIONAL SIGNS TO LOOK FOR IN OLDER CHILDREN (over the age of seven):

- Chest pain
- Difficulty breathing during exercise
- Temporary loss of consciousness (fainting, also called "syncope")

WHEN TO SEE THE DOCTOR:

- If there is a family history of heart disease, abnormal cardiac function or of sudden death at a young age

PHOTOGRAPHY, IMAGESOURCE/FIRSTLIGHT



Spending your day in front of a computer can trigger overeating.

BY FRAN BERKOFF
Registered Dietitian

Researchers from Laval University in Quebec City studied a small group of healthy young women who were asked to perform one of three tasks – relaxing in a chair, reading and summarizing text, or performing a series of computer tests – then were served an all-you-can-eat buffet. Compared with the group who relaxed, the second group ate 200 calories more and the third group 250 calories more. Stress hormone levels can affect appetite, and stress levels were higher during the more demanding mental tasks. Here's how to avoid overeating when you're working hard at your computer.

1 Destress by periodically taking a 10-minute walk or climbing a few flights of stairs.

2 Keep water at your desk to curb impulse eating.

3 If food is provided at a meeting, sit far away from it or bring your own snacks. If possible, request a tray of fresh fruits and vegetables.

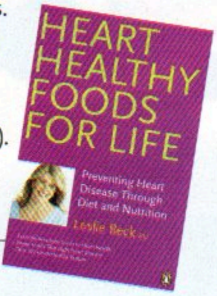
4 If you must snack, go for healthy choices, such as fruit and vegetables, nuts, yogurt, an energy bar, or crackers and low-fat cheese.

ALLERGY-FRIENDLY TREATS

If you've got kids with allergies, you know how difficult it can be to buy yummy but safe ready-made treats for lunch boxes or special occasions. **Guardian Angel Foods, a Montreal company, makes frozen snacks and desserts that contain no peanuts, nuts, eggs or dairy products.** Their muffins, breads, cookies and cakes, which do contain gluten, are sold in grocery stores such as A&P, Metro and Loeb, in New Brunswick, Quebec and Ontario; you can also order the products online from www.guardianangelfoods.com. All are prepared, sealed and frozen in a specialized, dedicated bakery so there are no concerns about cross-contamination. And since the food is frozen, you can keep it on hand to serve to guests with certain allergies.

Are you trying to boost your family's intake of heart-friendly omega-3 fatty acids? Check out these quick tips from Leslie Beck's newest book, *Heart Healthy Foods for Life* (Penguin Group Canada, 2009, $24.95).

- Add fish to your menu twice a week. Try salmon, trout, arctic char, sardines, herring and mackerel. If you don't like fish, try taking a fish-oil capsule instead.
- Look for foods fortified with DHA (one of three types of omega-3 fatty acids found in foods), such as orange juice, milk, cheese and whole eggs.
- Use flaxseed oil in salad dressings or add it to foods at the end of cooking (you shouldn't cook with flaxseed oil because high heat destroys the essential fatty acids).
- Snack on walnuts and dried fruit for a mid-afternoon energy boost.



Veggies Are Cool!

Eating frozen vegetables in midwinter, when fresh produce is not readily available, is a practical way to get vitamins, minerals and antioxidants, and some of your seven to 10 daily servings. Green Giant Essentials come in four unique vegetable combinations, each providing a key nutrient – two are high in fibre, one is an antioxidant blend, and one is an omega-3 blend – in a convenient, microwaveable two-serving package. One of the fibre blends has broccoli, black beans, edamame, red peppers and pearled barley; the omega-3 blend contains sugar snap peas, green beans, zucchini, carrots and flaxseed.

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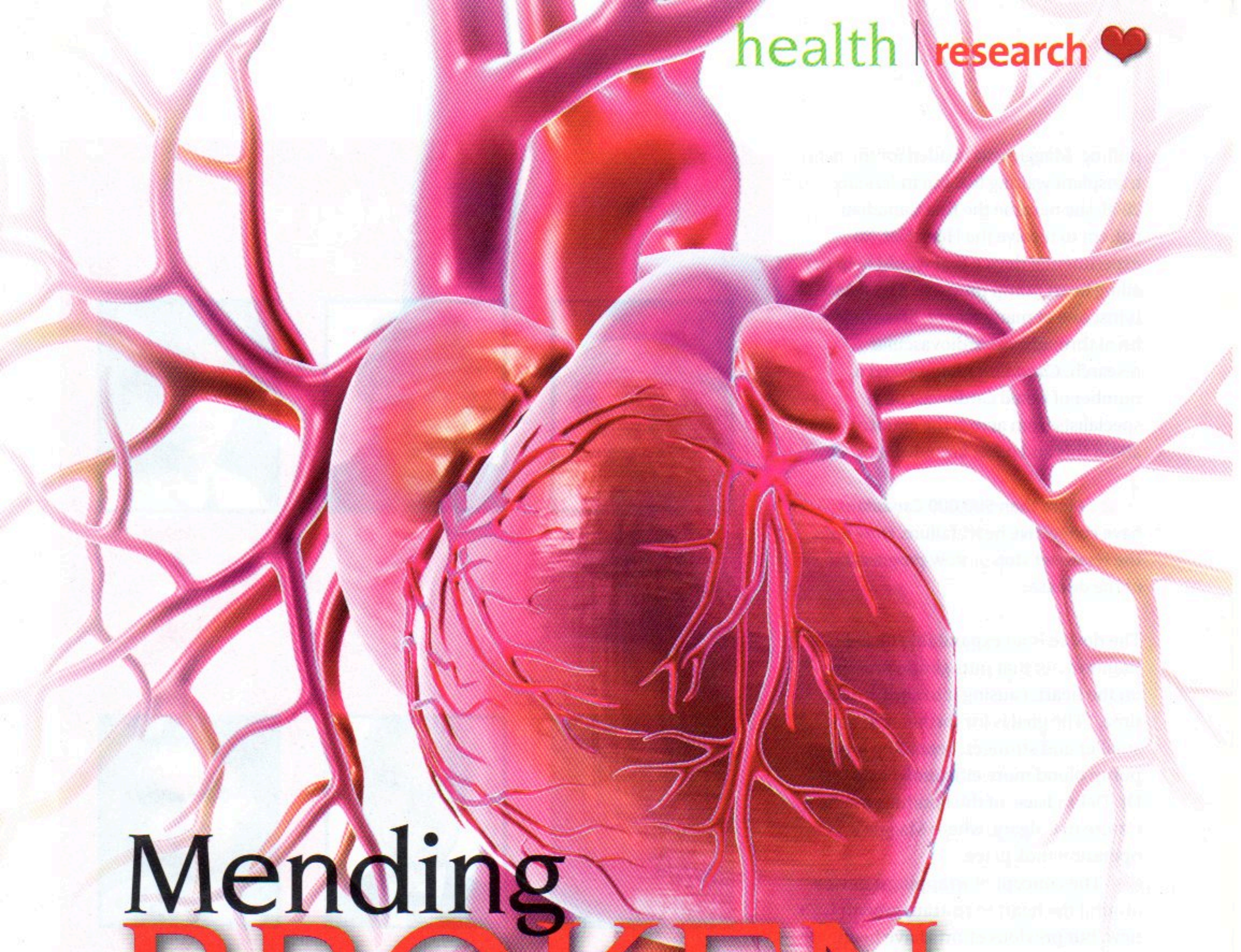


Mending BROKEN HEARTS

Nine specialists answer timely questions about the latest treatments for damaged hearts and heart-related illnesses.

BY MARK WITTEN

When she was only 45, Maggie Thiesen, a Calgary mother of four, developed congestive heart failure, a condition whereby the heart becomes too weak to efficiently pump blood to other organs, causing swelling in the tissues. Over the next three years, her condition got progressively worse, to the point where she couldn't walk more than two blocks without huffing and ▶

PHOTO-ILLUSTRATION, GARY CARLSON PHOTORESEARCHERS/FIRSTLIGHT

puffing. Maggie was headed for the heart transplant waiting list, but in January 2008, she became the first Canadian patient to receive the HeartNet, an experimental device that would help her ailing heart pump properly. The device is just one of many recent, lifesaving breakthroughs in cardiovascular research. *Canadian Living* asked a number of noted cardiovascular specialists from across the country about this and other key advances.

Q. More than 500,000 Canadians have congestive heart failure. How does the HeartNet stop or slow progression of the disease?

The device is an expandable nickel-titanium net that puts gentle pressure on the heart, causing it to shrink over time. "The goal is for the heart to get smaller and stronger," enabling it to pump blood more efficiently, says Dr. Debra Isaac of the Foothills Medical Centre in Calgary, where Maggie's operation took place.

The concept of wrapping a device around the heart to restrain growth isn't new, but previous efforts have been hampered by the fact that they involved major open-heart surgery. This procedure, in which the device is inserted through a small incision between the ribs under the left breast, is minimally invasive and can be tolerated by patients with very sick hearts. "Putting on the device after we make the incision takes only 20 minutes," says Isaac. "Our patients recover so well they are out of hospital in three days."

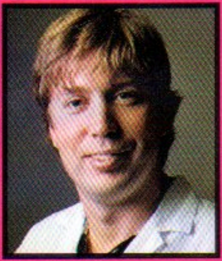
By preventing progression to end-stage heart failure, the HeartNet could dramatically reduce the need for heart transplants. That's what happened to Maggie. Since the operation, her condition has improved significantly. She can now walk her dog for a half an hour without feeling short of breath. "I have more energy and want to do more," she says. "If I do things in moderation, I feel great."

Isaac is leading the Canadian arm of an international clinical trial to compare the effectiveness of the device against ▶

MEET THE HEART-SMART EXPERTS

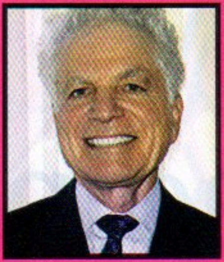
Dr. Ruth McPherson, director of the Lipid Clinic and AtheroGenetics Laboratory at the University of Ottawa Heart Institute (UOHI)

Dr. Debra Isaac, cardiologist at the Foothills Medical Centre in Calgary and director of the Cardiac Transplant Clinic

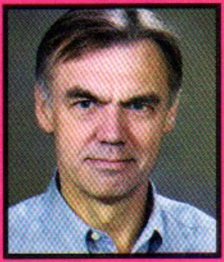


Dr. Marc Ruel, epidemiologist and director of cardiac surgery research at UOHI

Dr. Michel Le May, cardiologist and director of the coronary care unit at the UOHI

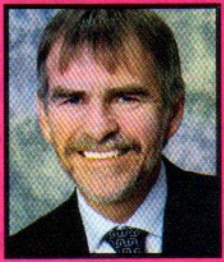


Dr. Michael Sole, professor of medicine and physiology at the University of Toronto, and cardiologist at the University Health Network (UHN) in Toronto

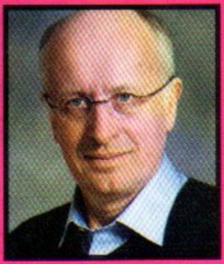


Dr. John Webb, director of interventional cardiology and cardiac catheterization at St. Paul's Hospital in Vancouver

Dr. Michael Kutryk, director of interventional cardiology research at St. Michael's Hospital in Toronto, and assistant professor of medicine at the University of Toronto



Dr. Duncan Stewart, CEO and scientific director and senior scientist in the regenerative medicine program with the Ottawa Health Research Institute



Dr. Gordon Keller, director of the McEwen Centre for Regenerative Medicine at the UHN in Toronto

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McPherson's landmark 2007 study showed that about 25 per cent of Caucasian Canadians carry two copies of this flawed stretch of DNA, which increases their heart disease risk by 50 per cent.

conventional drug therapies. At least 50 patients will be enrolled in centres in Montreal, Toronto, London, Ont., Calgary and Vancouver. "It's very satisfying to be involved on the cutting edge of a new treatment that could turn things around for these patients," says Isaac.

Q. Some people are genetically predisposed to develop heart disease at an early age. Is there a way to identify these people and begin preventive treatment before serious problems develop?

At least one Canadian researcher is on this track. Dr. Ruth McPherson, director of the Lipid Clinic and AtheroGenetics Laboratory at the University of Ottawa Heart Institute (UOHI), has identified a common genetic variation on chromosome 9 that increases the risk of developing premature heart disease. McPherson's research team used a technique known as genome-wide scanning to compare the DNA of 1,800 Ottawa patients with premature heart disease to the DNA of 1,800 healthy Ottawa seniors and to pinpoint crucial differences.

McPherson's landmark 2007 study showed that about 25 per cent of Caucasian Canadians carry two copies of this flawed stretch of DNA, which increases their heart disease risk by 50 per cent. A further 50 per cent of Caucasians carry one copy, which increases their risk by 25 per cent. This discovery could lead to better genetic tests to assess future heart disease risk, allowing people to take preventive action through exercise, diet and drugs. "Within five years we hope to have a simple blood test that uses up to 10 genetic variants to give an accurate assessment of heart disease risk," she says.

Q. Time is of the essence when someone has a heart attack. Are there any systemwide efforts in Canada to speed up the response time to get treatment?

That's also in the works at the UOHI. When a person in Ottawa calls 911 complaining of chest pain, a crew of advanced care paramedics is immediately dispatched. These paramedics are trained to interpret the results of an electrocardiogram and recognize the deadliest form of attack, known as a STEMI (ST-Elevation Myocardial Infarction). If a STEMI is detected, paramedics bypass emergency departments and route the patient directly to the UOHI, where a team performs an emergency angioplasty (a procedure using a balloon to clear blocked arteries).

A 2008 study in the *New England Journal of Medicine* showed that such a streamlined approach cut the death rate in half, from 10 per cent to less than five per cent. "Patients leave the hospital sooner and they also have fewer complications," says Dr. Michel Le May of the UOHI, who authored the study.

The citywide emergency system cuts the "door-to-balloon time" – the time from hospital arrival to first balloon inflation – to only 69 minutes (the average for patients referred through emergency departments is 123 minutes).

Elsewhere, hospitals in Calgary and Vancouver are also helping to shorten ▶

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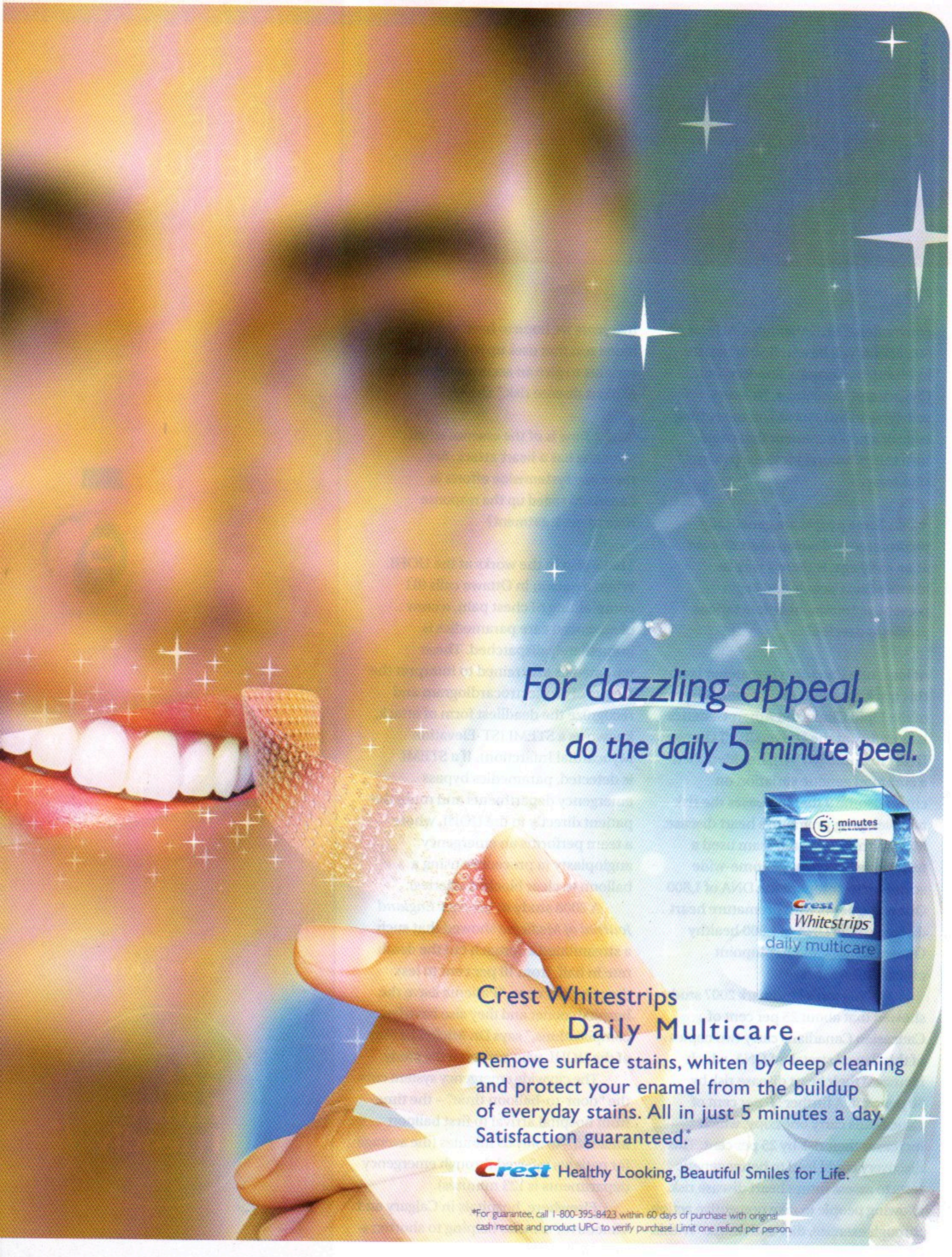
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the time to treatment by transmitting electrocardiograms from the ambulance to emergency physicians.

Q. Do shift workers experience additional health issues because of interrupted sleep patterns?

This is a growing concern and one being addressed by Dr. Michael Sole of the University Health Network (UHN) in Toronto. He has found that chronic sleep cycle disruption can seriously enlarge and damage the heart. In a 2008 study, Sole showed that when hamsters' sleepcycles are chronically out of sync with external stimuli such as light and darkness, the animals die at a younger age with cardiomyopathy (an enlarged heart) and severe kidney disease. When sleep cycles are normalized, the harmful effects are reversed.

Sole's research shows that renewal and repair of heart tissues occur mainly during sleep at night. "Cell renewal and remodelling is a rhythmic process that is dependent on synchronicity between the external environment and the body's internal clock," says Sole, a cardiologist at the UHN's Peter Munk Cardiac Centre. "Disrupting the day-night sleep cycle interrupts the renewal process, and that interruption leads to tissue disease. Heart muscle cells become impaired and die, and are replaced by scar tissue."

His findings have disturbing implications for the nearly 30 per cent of Canadians who work irregular shifts. Sole advises these people to maintain a consistent schedule for a month or more if possible, so that their body has time to adjust its internal clock. Healthy sleep – seven to eight hours – is as important to heart health as nutrition and exercise, he says.

This research could be particularly worrisome for people who already have heart disease or high blood pressure for whom a regular day-night sleep pattern is especially important. "I'd be very concerned about a patient with heart problems doing shift work," he says.

Q. More and more patients are getting stents to prop open narrowed arteries following a balloon angioplasty. Are these devices safe?

Yes, increasingly so.

Dr. Michael Kutryk of St. Michael's Hospital in Toronto has come up with a way to harness the body's ability to heal the area of the blood vessel damaged during an angioplasty procedure. He has developed a coronary stent coated with antibodies that attract endothelial progenitor cells (EPC) circulating in the bloodstream. EPCs are involved in the repair of damaged blood vessels; they evolve into endothelial cells that line blood vessels and allow blood to flow smoothly.

The new device offers key advantages over the commonly used drug-eluting stents (those coated with a drug to prevent renarrowing of the artery). Results from a 2008 European study suggest that these new antibody-coated stents promote faster blood vessel healing and reduce the risk of blood clots by rapidly forming a protective endothelial layer over the stent. And while patients treated with drug-eluting stents must take blood-thinning medications for the first year after angioplasty to prevent blood clots, the new stent eliminates the need for this medication. "With antibody-coated stents, the risk of blood clotting is as low as can be," says Kutryk. "That's important because 50 per cent of patients who develop blood clots after angioplasty will die."

Angioplasty procedures using this new invention have been performed on more than 20,000 patients at 250 medical centres worldwide. At St. Michael's Hospital in Toronto, Kutryk had performed 18 procedures by mid-November on patients who were allergic to blood-thinning medications or who were actively bleeding and therefore could not use them (and so were inelligible for drug-eluting stents). Without the new stent, most would not tolerate open-heart surgery.

Kutryk expects the device to be approved for wide use in Canada within two years. ▶

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Angioplasty procedures using this new invention have been performed on more than 20,000 patients at 250 medical centres worldwide.

Q. Heart bypass operations are still considered major surgery; is there a less invasive alternative?

Yes there is. Dr. Marc Ruel of the UOHI has introduced a new, minimally invasive multivessel bypass procedure in which he does grafts on a beating heart through a tiny "keyhole" incision. In this innovative procedure, called Multi-Vessel Small Thoroctomy (MVST), the surgeon makes a small incision (not much larger than a paper clip) between the ribs and uses specially designed precision tools to move the heart into position. MVST is especially suitable for patients who need to return to physically demanding jobs soon after surgery, and for those with complex medical issues that put them at higher risk for surgical complications such as stroke, internal bleeding – even death.

"We've done this on close to 100 patients in Ottawa of all ages, from their late 30s to mid-80s," says Ruel. "The results are very good and the recovery can be quite rapid," with patients usually leaving hospital within four days and returning to work within a month.

Ruel has trained surgeons at the Sunnybrook Health Sciences Centre in Toronto and Laval University Hospital in Quebec in this new technique.

Q. We've heard that stem cells are the key to fixing a damaged heart. How far along is this research and when will it be widely available?

The research is advancing at a quick pace, thanks in part to Dr. Gordon Keller, director of the McEwen Centre for Regenerative Medicine at the UHN in Toronto. Keller has discovered the elusive "recipe" for three of the major cell types of the human heart from embryonic stem cells.

He begins by adding a cocktail of growth factors and other molecules to stem cells to develop early-stage heart cells, also known as heart progenitor cells. He then coaxes these cells to make millions of cardiac muscle cells (beating cells, which pump blood), endothelial cells (which line blood vessels) and vascular smooth muscle cells (which form blood vessels). "You can see the heart muscle cells contracting in the petri dish, which is spectacular," says Keller.

The plan is to eventually produce a large supply of these heart cells to attempt to replace damaged heart tissue.

Keller's team is also doing experiments attempting to make comparable heart cells from reprogrammed human skin. This would transform human skin cells into early-stage heart cells, thus avoiding organ rejection in tissue transplants. He plans to work with tissue engineers in Toronto to combine lab-cultured heart cells with supportive scaffolding to create pieces of artificial heart tissue that would then be grafted onto the heart. Keller believes these cardiac patches would be more effective than transplanting the cells alone.

It will likely be several years before results of these animal studies are known and even longer for this approach to reach your local hospital.

Q. Gene therapies are also getting a lot of attention. In the field of heart disease, what's coming down the pipeline?

Researchers are testing treatments that combine genes and stem cells – with ▶

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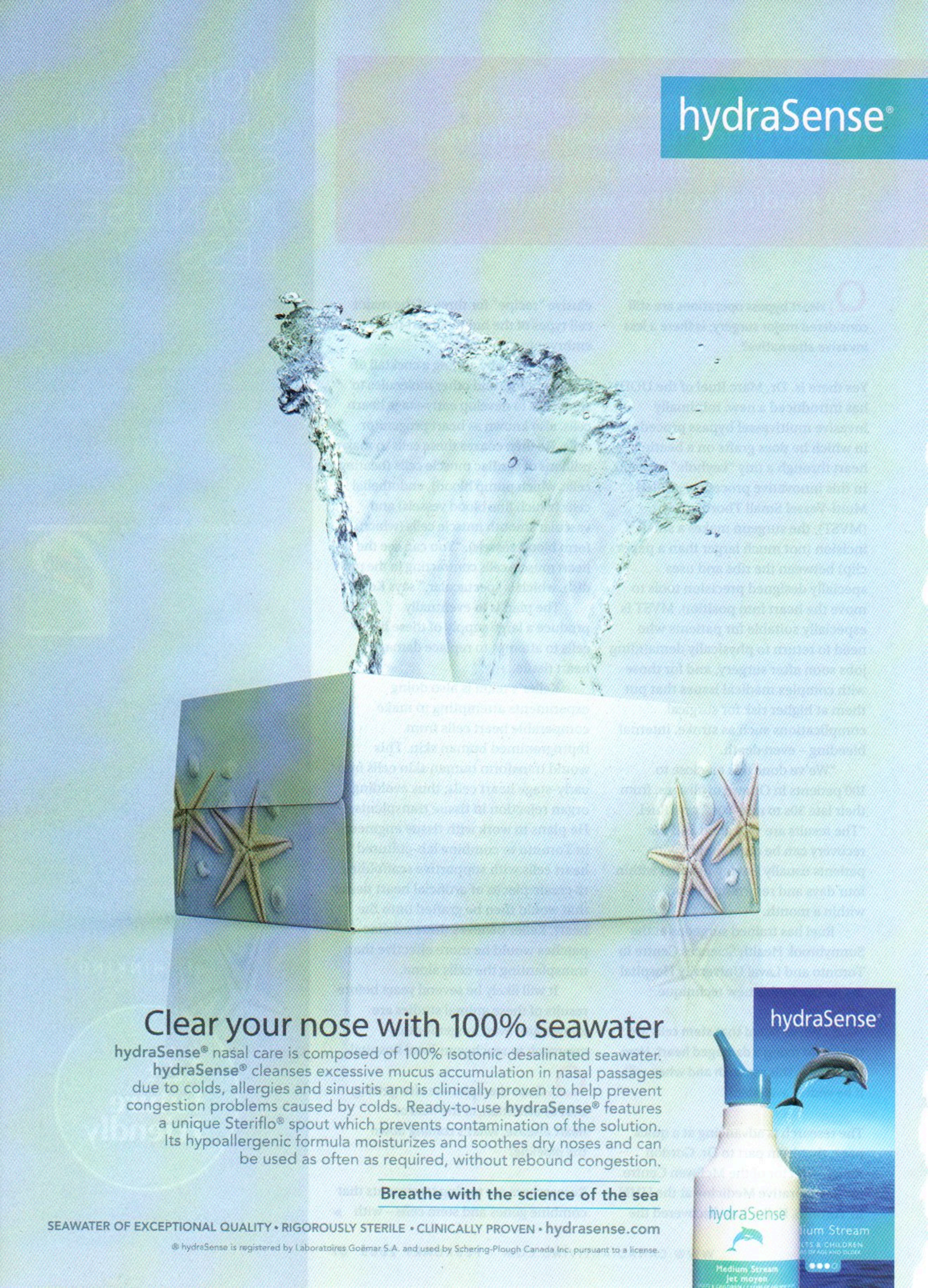

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The citywide emergency system cuts the "door-to-balloon time" – the time from hospital arrival to first balloon inflation – to only 69 minutes.

the idea that the synergistic benefits of this combined therapy are better than those of either the gene or stem cell therapies alone.

Dr. Duncan Stewart of the Ottawa Health Research Institute (OHRI) developed the world's first experimental gene plus cell therapy for pulmonary arterial hypertension, a devastating heart-lung disease affecting mainly young women, in which the vessels that carry blood from the heart to the lungs become damaged. The new treatment involves adding a gene that makes nitric oxide (which stimulates the growth and repair of blood vessels) into stemlike cells called endothelial progenitor cells, which circulate in the bloodstream. He then injects these souped-up cells into the lungs. "We're seeing improved lung function in these patients, and the safety looks excellent," says Stewart, a cardiologist and CEO of the OHRI.

Both gene therapy and stem cell treatments have been tested separately in heart attack patients, with only limited success. One reason for this, suggests Stewart, is that the stemlike cells circulating in the blood of patients with heart disease don't produce enough nitric oxide.

Stewart is now set to launch a three-year clinical trial in which investigators will be injecting heart attack patients in Ottawa, Montreal and Toronto with stemlike cells that contain the nitric oxide gene. This strategy, he adds, holds tremendous promise in the field of cardiovasclar research. "Unlike drug treatments, it could potentially restore functional tissue in regions of the heart that otherwise would form only scar tissue."

Q. Some patients with a faulty aortic valve – the valve controlling blood flow from the heart to the rest of the body – are too sick for surgery. Are there other alternatives?

Yes. A good example is a procedure pioneered by Dr. John Webb of the Providence Heart and Lung Institute at St. Paul's Hospital in Vancouver. This minimally invasive technique, known as a percutaneous (through the skin) valve replacement, replaces the aortic valve in patients who aren't candidates for open-heart surgery. Without a valve replacement, most of these patients would die within three to five years.

In this new procedure, Webb inserts a replacement aortic valve (attached to a catheter) through an incision on the upper thigh and threads it along an artery into the heart. Unlike open-heart surgery, the procedure does not require cracking the ribs and breastbone, stopping the heart or putting the patient on a heart-lung machine.

Webb has performed this procedure on more than 150 patients, and trained doctors at hospitals in Canada (including Laval Hospital in Quebec City, McGill University Health Centre in Montreal, and the UHN's Toronto General Hospital) and the U.S. and Europe.

The results have been excellent. "The success rate is over 95 per cent," says Webb. "It's very exciting to see patients who had no options have their valve disease cured in a matter of hours and leave hospital in a few days," whereas about 30 per cent of them would have died within a month after conventional open-heart surgery. Webb predicts that not only high-risk patients but also many others who need a new aortic valve may one day be candidates for this procedure. ●

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IF CHICKEN SOUP IS GOOD FOR THE SOUL,
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RIB STICKIN' BEAN & BARLEY SOUP

Prep Time: 10 mins. Serves: 8 Cook Time: 45 mins.

1 tbsp	olive oil
2	large carrots, sliced
2	stalks celery, sliced
1	large onion, chopped
1 box	(900 mL) Campbell's® Ready to Use Organic Vegetable Broth
1 can	(19 oz/540 mL) red kidney beans, rinsed and drained
2 cups	diced plum tomatoes
1/4 cup	uncooked pearl barley
2 cups	firmly packed chopped fresh spinach leaves
	Ground black pepper

1. Heat the oil in a large saucepan over medium-high heat. Add the carrots, celery and onion. Cook and stir until the vegetables are tender.

2. Stir in the broth, beans, tomatoes and barley. Heat to a boil. Reduce heat to low. Cover and cook for 30 minutes or until the barley is tender.

3. Stir in spinach and season to taste with black pepper. Cook until spinach is tender.

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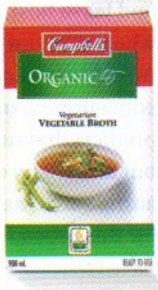
PER SERVING: 120 calories, 2g fat, 0.3g saturated fat, 0g trans fat, 560mg sodium, 22g carbohydrates, 6g fibre, 5g protein, 4% DV calcium.



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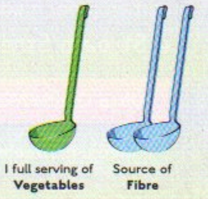

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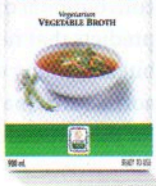

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food

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90 Chinese New Year Menu

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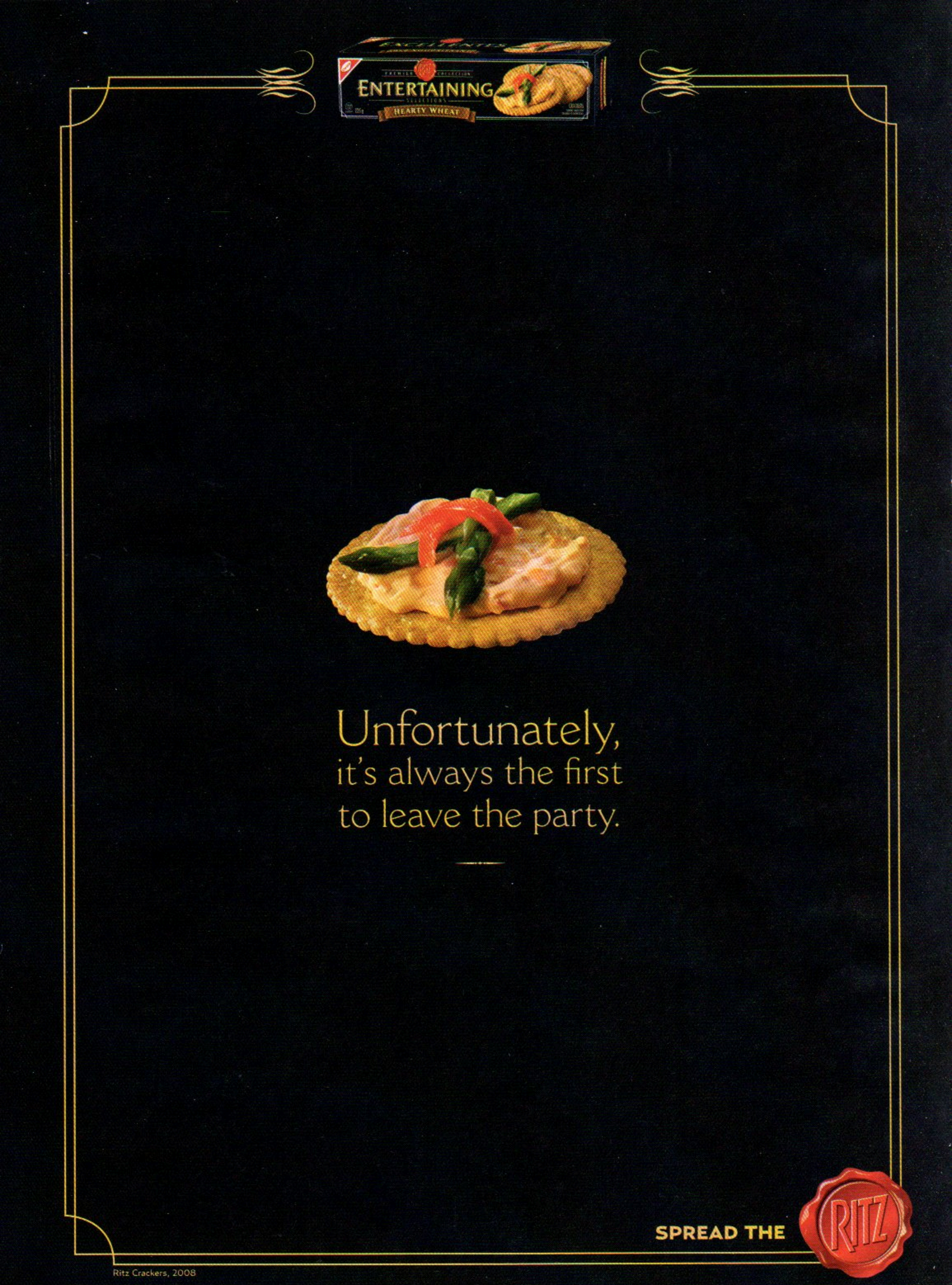
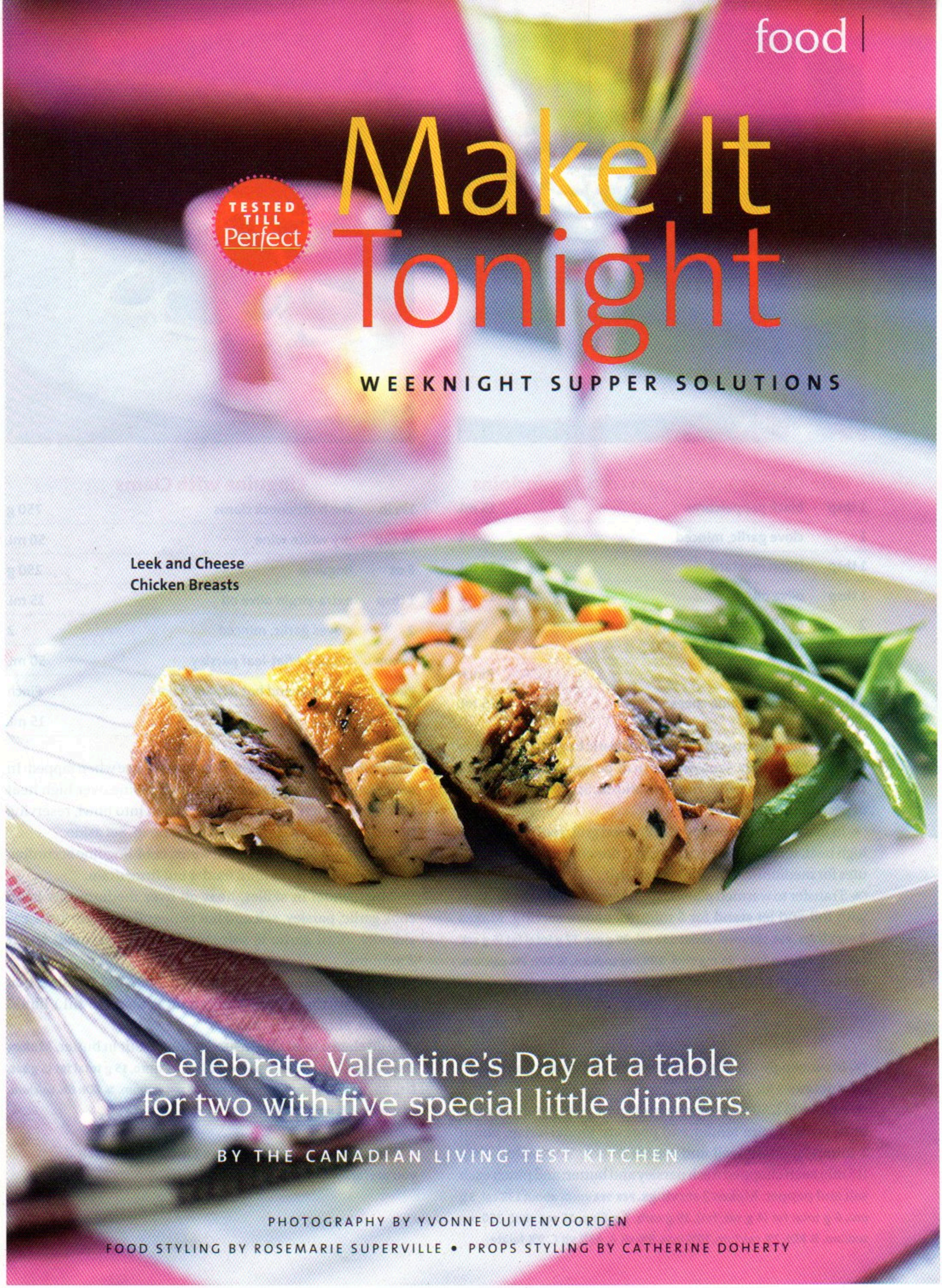


Ritz Crackers, 2008



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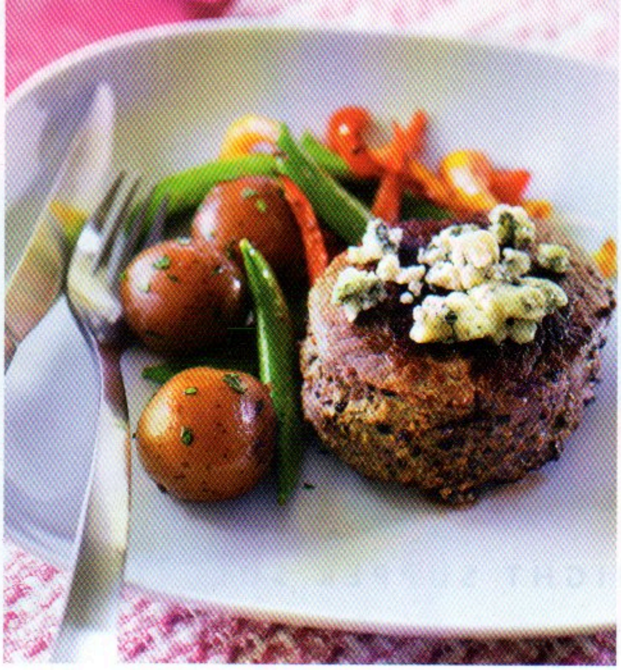
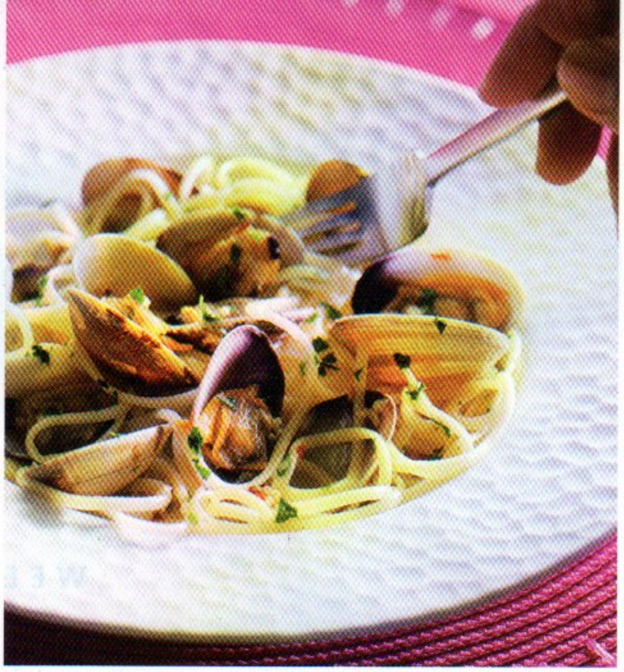




Blue Cheese and Peppercorn Tenderloins

1 tbsp	black peppercorns	15 mL
1	clove garlic, minced	1
1 tbsp	Dijon mustard	15 mL
1 tbsp	olive oil	15 mL
2	beef tenderloin grilling steaks (about 6 oz/175 g each)	2
Pinch	salt	Pinch
2 tbsp	crumbled blue cheese	25 mL

❧ Place peppercorns in resealable plastic bag. Using flat side of mallet or heavy saucepan, crush peppercorns; place in small bowl. Mix in garlic, mustard and oil. Spread around edge of each tenderloin.

❧ In heavy skillet or on covered greased grill, cook steaks over high heat, turning once, until desired doneness, about 10 minutes for medium-rare. Sprinkle with salt.

❧ Transfer to warmed platter; sprinkle with blue cheese. Tent with foil and let stand for 5 minutes before serving. **Makes 2 servings.** PER SERVING: about 332 cal, 39 g pro, 17 g total fat (6 g sat. fat), 3 g carb, 1 g fibre, 86 mg chol, 295 mg sodium. % RDI: 7% calcium, 38% iron, 2% vit A, 2% vit C, 5% folate.

New Potatoes and Sugar Snap Peas

❧ In saucepan of boiling salted water, cover and cook 6 small new potatoes for 7 minutes.

❧ Add 1 cup (250 mL) sugar snap or snow peas, trimmed; cook until potatoes are tender and peas are tender-crisp, about 3 minutes. Drain well and return to pot. Toss with 1 tbsp (15 mL) each chopped fresh parsley and butter; and pinch each salt and pepper. **Makes 2 servings.** PER SERVING: about 138 cal, 3 g pro, 6 g total fat (4 g sat. fat), 19 g carb, 2 g fibre, 15 mg chol, 250 mg sodium. % RDI: 2% calcium, 10% iron, 9% vit A, 43% vit C, 9% folate.

Linguine with Clams

1½ lb	fresh littleneck clams	750 g
¼ cup	dry white wine	50 mL
8 oz	linguine	250 g
1 tbsp	extra-virgin olive oil	15 mL
2	cloves garlic, minced	2
¼ cup	chopped flat-leaf parsley	50 mL
Pinch	each salt and hot pepper flakes	Pinch
1 tbsp	butter	15 mL

❧ Scrub clams; discard any that do not close when tapped. In saucepan, cover and steam clams and wine over high heat until clams open, 4 to 5 minutes. Strain into bowl, reserving broth. Discard any clams that do not open. Set aside.

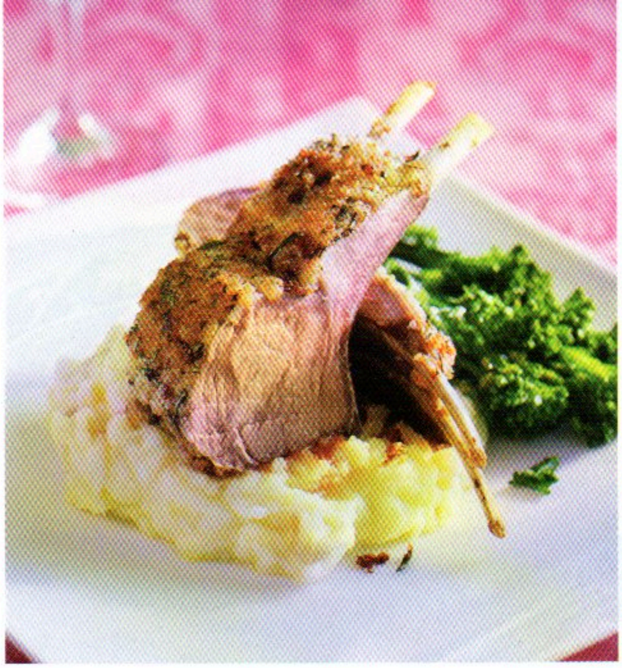
❧ In large pot of boiling salted water, cook linguine according to package directions until tender but firm; drain.

❧ Meanwhile, in skillet, heat oil over medium-low heat; cook garlic, parsley, salt and hot pepper flakes, stirring occasionally, until garlic is softened but not browned, about 2 minutes.

❧ Add reserved clam broth; bring to boil. Add linguine; boil on high, stirring often, until about 3 tbsp (45 mL) liquid remains, about 2 minutes.

❧ Add clams; toss until heated through. Stir in butter. **Makes 2 servings.** PER SERVING: about 588 cal, 21 g pro, 15 g total fat (5 g sat. fat), 88 g carb, 5 g fibre, 32 mg chol, 374 mg sodium. % RDI: 6% calcium, 86% iron, 15% vit A, 25% vit C, 112% folate.

TIP: Instead of clams, you can use 1 lb (500 g) mussels if you prefer.



Easy Mushroom Swiss Soufflés

3 tbsp	butter	45 mL
1 cup	diced mushrooms	250 mL
Pinch	each salt and pepper	Pinch
4 tsp	all-purpose flour	20 mL
¾ cup	milk	175 mL
2	eggs, separated	2
¼ cup	shredded Swiss cheese	50 mL
1 tbsp	minced fresh chives	15 mL

In skillet, heat 1 tbsp (15 mL) of the butter over medium-high heat; sauté mushrooms with half each of the salt and pepper until golden and no liquid remains, about 5 minutes. Set aside.

In saucepan, melt remaining butter over medium heat; stir in flour and cook, whisking, for 2 minutes. Slowly whisk in milk and remaining salt and pepper; cook, whisking, until boiling and thickened, about 3 minutes.

In large bowl, whisk egg yolks; slowly whisk in milk mixture and let stand for 10 minutes.

In separate bowl, beat egg whites until soft peaks form. Gently fold half into cooled egg yolk mixture; fold in remaining egg whites. Fold in mushrooms, cheese and chives. Divide between two greased 10 oz (300 mL) ramekins.

Set ramekins in baking dish; pour enough hot water into dish to come halfway up sides of ramekins. Bake in 400°F (200°C) oven until golden, puffed and centre is set, 25 to 30 minutes. **Makes 2 servings.** PER SERVING: about 348 cal, 14 g pro, 28 g total fat (16 g sat. fat), 11 g carb, 1 g fibre, 251 mg chol, 247 mg sodium. % RDI: 22% calcium, 9% iron, 30% vit A, 3% vit C, 20% folate.

Rosemary Rack of Lamb

¼ cup	fresh bread crumbs	50 mL
1 tbsp	chopped fresh rosemary	15 mL
1 tbsp	grated Parmesan cheese	15 mL
1	clove garlic, minced	1
Pinch	each salt and pepper	Pinch
1 tbsp	Dijon mustard	15 mL
1	rack of lamb (about 8 bones), 1 lb (500 g)	1
1 tbsp	extra-virgin olive oil	15 mL

In small bowl, combine bread crumbs, rosemary, Parmesan cheese, garlic, salt and pepper. Spread mustard evenly over lamb; coat with bread crumb mixture.

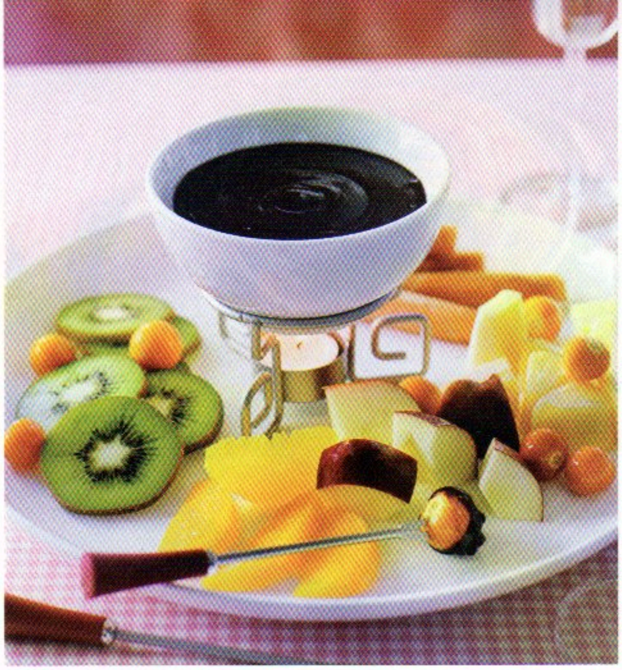
In ovenproof skillet, heat oil over medium-high heat; cook lamb, fat side down, until golden, about 2 minutes.

Bake in 425°F (220°C) oven until meat thermometer registers 145°F (63°C) for medium-rare, about 15 minutes. **Makes 2 servings.** PER SERVING: about 316 cal, 27 g pro, 21 g total fat (6 g sat. fat), 4 g carb, 1 g fibre, 86 mg chol, 254 mg sodium. % RDI: 7% calcium, 15% iron, 1% vit A, 2% vit C, 12% folate.

Buttermilk Smashed Potatoes

Cut 2 peeled potatoes (about 1 lb/500 g) into chunks. In large saucepan of boiling salted water, cover and cook potatoes and 1 clove garlic until tender, about 15 minutes. Drain and return to pot; dry over low heat, shaking pan occasionally, about 2 minutes. Remove from heat.

Add ½ cup (125 mL) buttermilk; 1 tbsp (15 mL) butter; ¼ tsp (1 mL) salt; and pinch pepper; smash with potato masher until smooth yet large chunks still remain. **Makes 2 servings.** PER SERVING: about 249 cal, 6 g pro, 7 g total fat (5 g sat. fat), 41 g carb, 3 g fibre, 20 mg chol, 838 mg sodium. % RDI: 10% calcium, 12% iron, 6% vit A, 40% vit C, 10% folate. ▶



Leek and Cheese Chicken Breasts

4 tsp	extra-virgin olive oil	20 mL
⅔ cup	thinly sliced leeks (white and light green parts only)	150 mL
½ tsp	dried thyme	2 mL
¼ cup	dry white wine	50 mL
⅓ cup	shredded Gruyère cheese	75 mL
1 tbsp	each chopped fresh parsley and drained oil-packed sun-dried tomatoes	15 mL
2	boneless chicken breasts (with skin)	2
Pinch	each salt and pepper	Pinch

In large ovenproof skillet, heat half of the oil over medium heat; cook leeks and thyme, stirring occasionally, until softened, about 3 minutes. Stir in wine and bring to boil; cook, stirring, until no liquid remains, about 2 minutes. Transfer to bowl. Mix in cheese, parsley and tomatoes. Set aside.

Cut chicken in half almost but not all the way through; open like book. Divide filling over 1 side of each breast. Fold over; secure edge with toothpicks. Brush with remaining oil; sprinkle with salt and pepper. In same skillet, brown chicken over medium-high heat. Bake in 425°F (220°C) oven until no longer pink inside, about 15 minutes. **Makes 2 servings.** PER SERVING (WITHOUT SKIN): about 404 cal, 36 g pro, 26 g total fat (8 g sat. fat), 4 g carb, 1 g fibre, 117 mg chol, 148 mg sodium. % RDI: 20% calcium, 12% iron, 11% vit A, 12% vit C, 9% folate.

Quick Pilaf

In saucepan, melt 2 tsp (10 mL) butter over medium heat; cook ¼ cup (50 mL) each diced carrot and onion until softened, 4 minutes. Stir in ⅔ cup (150 mL) basmati rice. Add ⅔ cup (150 mL) each chicken broth and water; bring to boil. Reduce heat, cover and simmer until tender and no liquid remains, about 20 minutes. **Makes 2 servings.**

Chocolate Fondue for Two

1 cup	bite-size peeled pineapple chunks	250 mL
1	navel orange, peeled and cut into segments	1
2	kiwifruit, peeled and sliced	2
1	Red Delicious apple, cored and sliced	1
6	cookies (optional)	6
CHOCOLATE FONDUE:		
⅓ cup	whipping cream	75 mL
3 oz	bittersweet chocolate, chopped	90 g
2 oz	milk chocolate, chopped	60 g
1 tbsp	amaretto, brandy or rum	15 mL
GARNISH (OPTIONAL):		
	Cape gooseberries or sliced bananas	

CHOCOLATE FONDUE: In saucepan, heat cream until boiling. Pour over bittersweet and milk chocolates in fondue pot; whisk until melted. Whisk in amaretto. Keep warm.

Meanwhile, arrange pineapple, orange, kiwifruit, apple, and cookies (if using) on platter.

GARNISH: Garnish with gooseberries (if using). Serve with fondue. **Makes 2 servings.** PER SERVING: about 692 cal, 8 g pro, 40 g total fat (24 g sat. fat), 82 g carb, 12 g fibre, 57 mg chol, 45 mg sodium. % RDI: 15% calcium, 21% iron, 17% vit A, 167% vit C, 19% folate.

TIP: For best flavour and texture, use quality chocolate, such as Lindt.

canadianliving.com/**february**

Watch how to make a classic shrimp cocktail for two.

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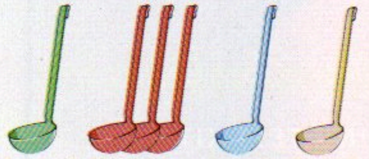
ITALIANO CHICKEN AND RICE BAKE

1 box	(500 mL) CAMPBELL'S® Cream of Mushroom Easy Cooking Sauce
3/4 cup	uncooked regular long grain white rice
3/4 tsp	dried Italian seasoning, crushed
1 2/3 cups	sliced zucchini and mushroom mixture
2/3 cup	diced fresh tomato
4	boneless, skinless chicken breasts (about 1 lb/500 g)
1/3 cup	grated Parmesan cheese

NUTRITION SCOOP™

PER SERVING: 360 calories, 8g fat, 3g saturated fat, 80mg cholesterol, 660mg sodium, 35g carbohydrates, 2g fibre, 33g protein, 10% DV calcium.



1 full serving of **Vegetables** | Very High in **Protein** | Source of **Calcium** | Source of **Fibre**

Prep Time: 10 mins. Serves: 4 Cook Time: 50 mins.

1. **Snip, pour and mix** cooking sauce with rice and Italian seasoning in shallow 2 qt (2 L) baking dish. Spread evenly with vegetables.

2. Top with chicken. Sprinkle with cheese and additional Italian seasoning, if desired. Cover.

3. Bake at 400°F (200°C) until chicken is cooked through and rice is tender – about 50 minutes. Remove cover and broil until cheese is golden – about 3 minutes. Stir rice and let stand 5 minutes before serving.

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BY HEATHER HOWE AND THE CANADIAN LIVING TEST KITCHEN

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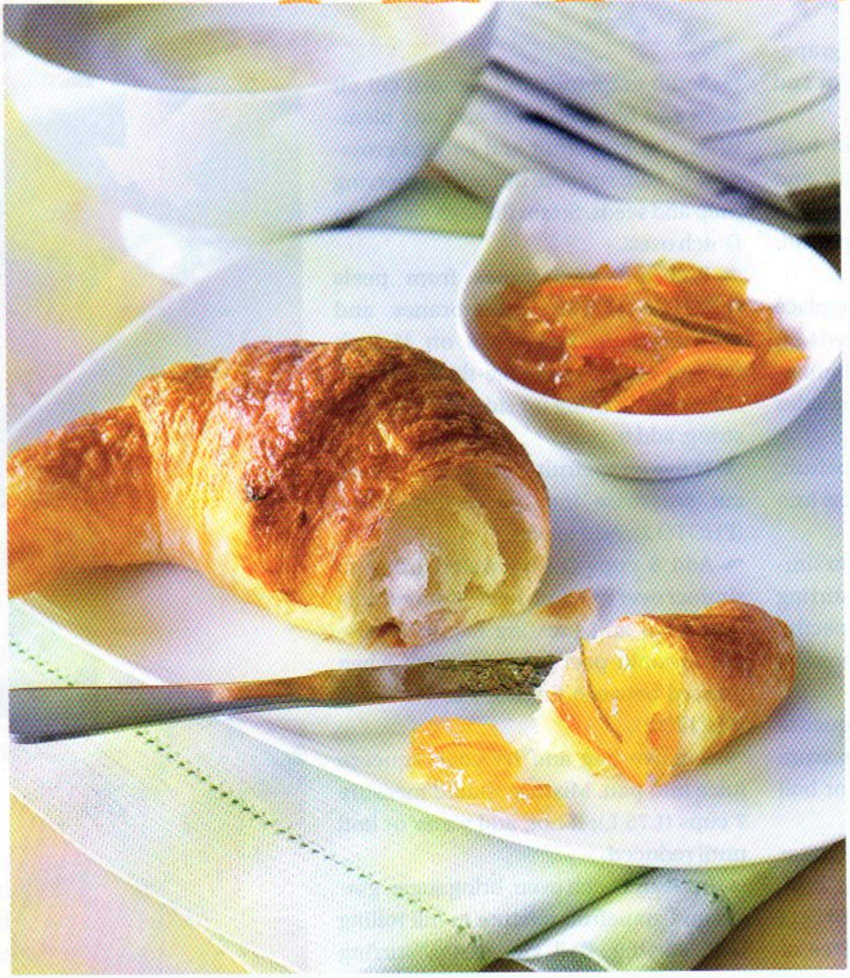
FOOD STYLING BY CLAIRE STUBBS • PROPS STYLING BY OKSANA SLAVUTYCH

SPREADS with APPEAL



Making really fantastic marmalade is easy, so don't let just the thought of it intimidate you. With these step-by-step instructions, you'll soon see that success is guaranteed. So take advantage of the huge array of citrus fruit now available, and turn it into perfect preserves that will brighten your table all year round.

FIRST-TIMER TIPS

- Use a sharp knife to cut peels into paper-thin strips. This makes it easier on your hands and also prevents the knife from slipping.
- A metal ¼ tsp (1 mL) measuring spoon makes the perfect tool for scooping out the insides of kumquats.
- To speed up the cooling process after cooking, refrigerate the bag of seeds and pulp for about 20 minutes before squeezing out juice.
- If rind begins to float in jars after processing, invert on cooling rack for 20 minutes, then turn right side up to cool completely.

Five-Fruit Marmalade

Orange, clementine, grapefruit, lime and lemon combine into a wonderfully fresh and citrusy wake-up.

4	small clementines	4
1	each orange, pink grapefruit, lemon and lime	1
7 cups	granulated sugar	1.75 L

Scrub clementines, orange, grapefruit, lemon and lime; cut off stem and blossom ends and any blemishes.

Cut clementines crosswise in half; squeeze out juice, reserving pulp and seeds. Strain through sieve into Dutch oven. Repeat with orange, grapefruit, lemon and lime.

Pull out membranes from peels; place along with reserved pulp and seeds on 15-inch (38 cm) square of double-thickness fine cheesecloth. Bring up sides and tie with string; add to pan.

Halve clementine, orange, grapefruit, lemon and lime peels; cut crosswise into paper-thin strips. Add to pan.

Add 6 cups (1.5 L) water; bring to simmer over medium heat. Simmer, stirring often and pressing bag to release pectin, until peel turns to mush when pressed between fingers, 1 to 1½ hours.

Remove bag and let cool; squeeze juice into pan. Mixture should measure 7 cups (1.75 L); if not, add water or boil until reduced.

In clean Dutch oven, bring sugar with fruit mixture to full rolling boil, stirring. Boil vigorously, stirring constantly, until marmalade is free of foam, thickened and at gel stage, 10 to 12 minutes. (See "Gel Stage Test," this page.)

Using funnel, fill hot 1-cup (250 mL) canning jars, leaving ¼-inch (5 mm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight.

Boil jars in boiling water canner for 10 minutes. (See "Canning Basics," page 83.) **Makes about 8 cups (2 L).** PER 1 TBSP (15 mL): about 45 cal, 0 g pro, 0 g total fat (0 g sat. fat), 12 g carb, 0 g fibre, 0 mg chol, 0 mg sodium. % RDI: 5% vit C.

Grapefruit Ginger Marmalade

Ginger complements the bitterness of grapefruit in this preserve that has lots of chunky peel.

3	red or pink grapefruit	3
2	lemons	2
7 cups	granulated sugar	1.75 L
⅓ cup	chopped crystallized ginger	75 mL

Scrub grapefruit and lemons; cut off stem and blossom ends and any blemishes. Cut grapefruit and lemons crosswise in half; squeeze out juice, reserving pulp and seeds. Strain through sieve into Dutch oven.

Pull out membranes from peels (PHOTO 1). Place membranes and reserved pulp and seeds on 15-inch (38 cm) square of double-thickness fine cheesecloth. Bring up sides and tie with string; add to pan.

Halve grapefruit and lemon peels; cut crosswise into paper-thin strips (PHOTO 2). Add to pan.

Add 6 cups (1.5 L) water; bring to simmer over medium heat. Simmer, stirring often and pressing bag to release pectin, until peel turns to mush when pressed between fingers, 1 to 1½ hours (PHOTO 3).

Remove bag and let cool; squeeze juice into pan. Mixture should measure 7 cups (1.75 L); if not, add water or boil until reduced.

In clean Dutch oven, bring sugar, ginger and grapefruit mixture to full rolling boil, stirring. Boil vigorously, stirring constantly, until free of foam, thickened and at gel stage, 12 to 15 minutes (PHOTO 4). (See "Gel Stage Test," this page.)

Using funnel, fill hot 1-cup (250 mL) canning jars, leaving ¼-inch (5 mm) headspace (PHOTO 5). Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight.

Boil in boiling water canner for 10 minutes. (See "Canning Basics," page 83.) **Makes about 8 cups (2 L).** PER 1 TBSP (15 mL): about 49 cal, 0 g pro, 0 g total fat (0 g sat. fat), 13 g carb, trace fibre, 0 mg chol, 1 mg sodium. % RDI: 1% iron, 10% vit C. ▶

FOR PROPS SOURCES, SEE PAGE 148

Gel Stage Test

Chill 2 or 3 small plates in freezer. Remove marmalade from heat while doing test. Place 1 tsp (5 mL) hot marmalade on plate and freeze for 1 minute. Remove from freezer. Surface should wrinkle when edge is pushed with finger. If not, continue cooking and repeat test every few minutes.

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Seville Orange Marmalade

Here is the perfect-size batch of our often-requested classic, with its robust orange flavour. You won't believe how easy it is to put this homemade treat on your table.

2 lb	Seville oranges	1 kg
1	lemon	1
7 cups	granulated sugar	1.75 L

❧ Scrub oranges and lemon; cut off stem and blossom ends and any blemishes. Cut in half crosswise; squeeze out juices, reserving pulp and seeds. Strain through sieve into Dutch oven.

❧ Pull out membranes from peels; place along with reserved pulp and seeds on 15-inch (38 cm) square of double-thickness fine cheesecloth. Bring up sides and tie with string; add to pan.

❧ Halve orange and lemon peels; cut crosswise into paper-thin strips. Add to pan.

❧ Add 8 cups (2 L) water; bring to simmer over medium heat. Simmer, stirring often and pressing bag to release pectin, until peel turns to mush when pressed between fingers, 2 to 2½ hours.

❧ Remove bag and let cool; squeeze juice into pan. Mixture should measure 7 cups (1.75 L); if not, add water or boil until reduced.

❧ In clean Dutch oven, bring sugar and fruit mixture to full rolling boil, stirring. Boil vigorously, stirring constantly, until free of foam, thickened and at gel stage, 12 to 15 minutes. (See "Gel Stage Test," page 80.)

❧ Using funnel, fill hot 1-cup (250 mL) canning jars, leaving ¼-inch (5 mm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight.

❧ Boil in boiling water canner for 10 minutes. (See "Canning Basics," this page.) **Makes about 8 cups (2 L).** PER 1 TBSP (15 ML): about 43 cal, trace pro, trace total fat (0 g sat. fat), 11 g carb, trace fibre, 0 mg chol, 1 mg sodium. % RDI: 1% iron, 8% vit C.

Canning Basics

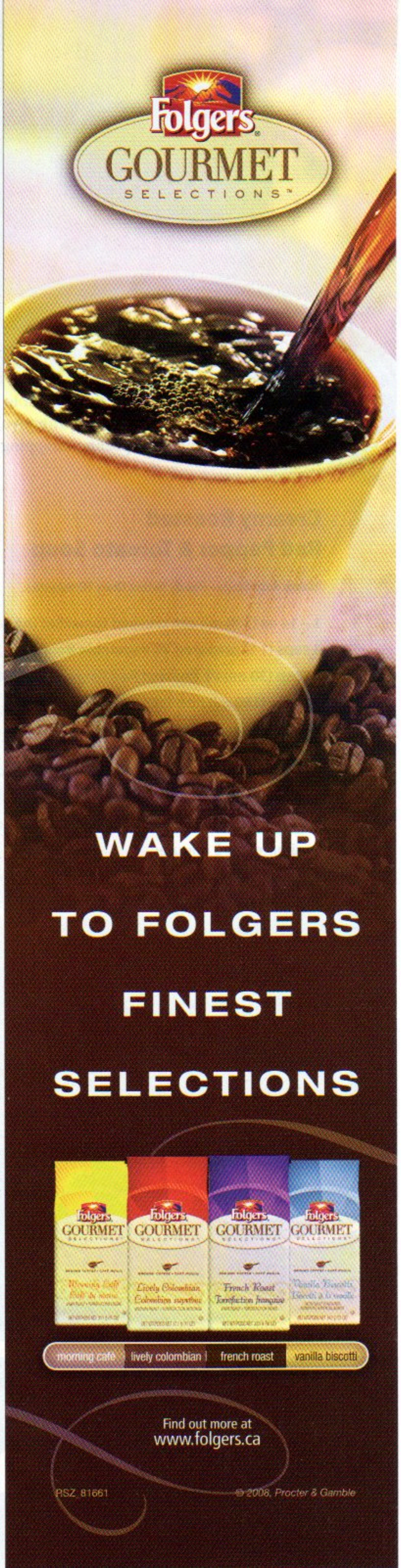
- About 30 minutes before filling jars, cover and start heating boiling water canner that is two-thirds full of hot water.
- Use only new lids and canning jars that are free of nicks and cracks. Ten minutes before filling, place jars in canner rack; heat to hot but not boiling (180°F/82°C).
- Just before filling jars, set screw bands aside and heat lids in small saucepan of hot but not boiling water (180°F/82°C) until sealing compound is softened.
- Fill hot jars using nonmetallic funnel and ladle, leaving recommended headspace.
- Insert nonmetallic utensil between preserve and jar a few times to remove air bubbles. Readjust headspace if necessary.
- Wipe rims with damp paper towel if necessary.
- Centre lids on jars. Screw on bands until resistance is met; increase to fingertip tight.
- Return jars to canner. Add boiling water to cover by at least 1 inch (2.5 cm). Cover and return to boil; boil for specified time.
- Turn off heat. Uncover and let jars stand in canner for 5 minutes. (Removing jars too early may cause leakage due to change in pressure.)
- Lift up rack with jars. With canning tongs, transfer jars to rack to let cool and set for 24 hours.
- Check that lids curve downward. Refrigerate any that do not and use within three weeks.
- Label and store jars in cool, dry, dark place for up to one year.

Kumquat Marmalade

Kumquats look like tiny oval oranges, and have edible golden orange rind and tart dry flesh. They are often used in marmalades with juice from other citrus fruit.

2 lb	kumquats	1 kg
1 cup	orange juice	250 mL
¾ cup	lemon juice	175 mL
5½ cups	granulated sugar	1.375 L

❧ Scrub kumquats; cut lengthwise in half. Place 15-inch (38 cm) square of double-thickness fine cheesecloth in sieve set over Dutch oven. Scoop insides of kumquats into cheesecloth. Bring up ▶



Creamy Roasted
Red Pepper & Tomato Soup

Enjoy this delicious heart-healthy recipe specially crafted by Epicure's chefs and registered dietitian. Made with our low-sodium VE Vegetable Bouillon, experience great homemade taste without all the usual salt, fat or even work – no peeling, chopping or roasting required!

Creamy Roasted Red Pepper & Tomato Soup

Makes 4 servings - Ready in less than 10 minutes

1 – 14 oz (398 ml) can crushed tomatoes (no salt added)
4 cups (1 L) prepared VE Vegetable Bouillon
2 Tbsp (30 ml) VE Roasted Red Pepper Dip Mix
3/4 cup (180 ml) non-fat sour cream
VE Sea Salt and VE Pepper, to taste

1. Whisk tomatoes, VE Vegetable Bouillon and VE Roasted Red Pepper Dip Mix in a large saucepan. Bring to boil over medium-high heat. Reduce heat to medium and simmer for 5 minutes.
2. Whisk in sour cream. Simmer for 3 additional minutes.
3. Season to taste with VE Sea Salt and VE Pepper. Serve hot.

Per serving: Calories 100, Fat 1.5 g (Saturated 0.4 g, Trans 0 g), Cholesterol 10 mg, Sodium 190 mg, Carbohydrate 14 g (Fibre 1 g, Sugars 8 g), Protein 9 g

Serving Suggestion: For a flavourful, heart-smart addition, top with prepared VE Pesto.

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sides and tie with string; squeeze any juice from bag into Dutch oven. Add bag to pan.

❧ Cut kumquat peels crosswise into paper-thin strips; add to pan. Add orange and lemon juice.

❧ Add 3 cups (750 mL) water; bring to simmer over medium heat. Simmer, stirring often and pressing bag to release pectin, until peel turns to mush when pressed between fingers, about 45 minutes.

❧ Remove bag and let cool; squeeze juice into pan. Mixture should measure 5½ cups (1.375 L); if not, add water or boil until reduced.

❧ In clean Dutch oven, bring sugar with kumquat mixture to full rolling boil, stirring. Boil vigorously, stirring constantly, until free of foam, thickened and at gel stage, 8 to 10 minutes. (See "Gel Stage Test," page 80.)

❧ Using funnel, fill hot 1-cup (250 mL) canning jars, leaving ¼-inch (5 mm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight.

❧ Boil in boiling water canner for 10 minutes. (See "Canning Basics," page 83.) **Makes about 6 cups (1.5 L).** PER 1 TBSP (15 ML): about 49 cal, trace pro, 0 g total fat (0 g sat. fat), 13 g carb, trace fibre, 0 mg chol, 1 mg sodium. % RDI: 5% vit C.

Meyer Lemon Marmalade

Meyer lemons aren't interchangeable with other lemons. If you can't find them, check out our Lemon Shred Marmalade recipe at www.canadianliving.com.

2 lb	Meyer lemons (about 10)	1 kg
5 cups	granulated sugar	1.25 L

❧ Scrub lemons; cut off stem and blossom ends and any blemishes. Cut crosswise in half; squeeze out juice, reserving pulp and seeds. Strain through sieve into Dutch oven.

❧ Pull out membranes; place along with pulp and seeds on 15-inch (38 cm) square of double-thickness fine cheesecloth. Bring up sides and tie with string; add to pan.

❧ Halve lemon peels; cut crosswise into paper-thin strips. Add to pan.

❧ Add 5 cups (1.25 L) water; bring to simmer over medium heat. Simmer, stirring often and pressing bag to release pectin, until peel turns to mush when pressed between fingers, about 45 minutes.

❧ Remove bag and let cool; squeeze juice into pan. Mixture should measure 5 cups (1.25 L); if not, add water or boil until reduced.

❧ In clean Dutch oven, bring sugar with lemon mixture to full rolling boil, stirring. Boil vigorously, stirring, until free of foam, thickened and at gel stage, 7 to 10 minutes. (See "Gel Stage Test," page 80.)

❧ Fill 1-cup (250 mL) canning jars, leaving ¼-inch (5 mm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight.

❧ Boil in boiling water canner for 10 minutes. (See "Canning Basics," page 83.) **Makes 6 cups (1.5 L).** PER 1 TBSP (15 ML): about 43 cal, 0 g pro, 0 g total fat (0 g sat. fat), 11 g carb, trace fibre, 0 mg chol, 0 mg sodium. % RDI: 10% vit C. ●

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The Wine Taster

Rich, sweet and intensely flavourful, icewine is a true Canadian classic.

BY ANNE MARTIN
Sommelier

Why the exorbitant price tag and small bottle? When pressed, the frozen grapes produce minuscule amounts of juice. The yield is less than one-quarter of what would be produced by unfrozen grapes.

LEFT: Stratus Vineyards 2007 Icewine Red. **RIGHT:** Cave Spring Riesling Icewine 2004.

ICEWINE

This sweet dessert wine, traditionally made with white grapes, is now also made with red varieties, each with its own unique character. The grapes stay on the vine through autumn and dry into raisins. As winter arrives, the freeze-thaw cycle further dehydrates them, intensifying the sugar, acids and other components. The flavour of the juice is highly concentrated, making a complex wine with deep, rich nuances.

Canada has made icewine into an international star. We've trademarked the term, and our Vintners Quality Alliance has created the most stringent regulations in the world for its production: it must be naturally produced (no artificial freezing); it must have a minimum Brix (sugar content) of 35 degrees; the alcohol must come from the grapes' natural sugars; and the harvest must not start before Nov. 15.

10 things you should know about icewine

1. Icewine was discovered accidently in Franconia, Germany, in 1794. Vintners pressed frozen grapes they'd left on the vines for winter animal fodder and found that the resulting wine had a very high level of sugar. Late-harvest sweet wines were already prized in Germany, so by the 1800s, Eiswein was being made intentionally in the Rheingau region.
2. Icewine is made in Canada, Germany, Australia, Austria, New Zealand, Israel and California. Those made using freezers are often called "icebox wines."
3. The first Canadian commercial icewine was made in 1978 by Hainle Vineyards in British Columbia. Ontario followed in 1984, when Karl Kaiser of Inniskillin produced his first batch, using nets to protect the sweet grapes from hungry foraging critters (yet another reason for the high cost).
4. The Canadian harvest only happens in winter, once temperatures have fallen below –8 C, and lasts for just two or three consecutive nights. The grapes are frantically hand-picked, at night or in early morning, then pressed while still frozen in an unheated building.
5. White Vidal and Riesling are the most common icewine grapes in Canada, ▶

PHOTOGRAPHY, JODI PUDGE

but red Cabernet Franc is increasingly popular. Syrah/ Shiraz and Gewürztraminer are up-and-comers.

6. Icewine fermentation is long (one to three months). Some are then aged in barrels, according to the winery's style.

7. Sparkling icewines exist, too. They are quite full-bodied and, not surprisingly, sweet.

8. In June 1991, Inniskillin won the Grand Prix trophy in Bordeaux, France, for its 1989 Vidal icewine. This put Canada on the world wine map and inspired other vintners. Now icewine is made by more than 50 wineries in Ontario, 30 in British Columbia, and a few in Quebec and Nova Scotia.

9. Icewines are highly sought after in the Far East, where a bottle can fetch up to three times the price it would here.

10. Young icewines have vibrant fruit and acidity. But they also age well, evolving into wines with more complex, subtler flavours.

{PROFILE} *Icewine*

Colour: Depends on the grape. White varietals: golden to amber. Red varietals: pink to ruby.
Alcohol: Fairly low
Acidity: High
Aroma Profile: Depends on the grape. White varietals: peach, apricot, mango, lychee, ripe melon, sometimes nutty. Red varietals: strawberry, plum.

HOW TO SERVE

Stemware: Although traditionally served in smaller glasses, icewine benefits from a regular white wine glass, which showcases all of its wonderful aromas.
Temperature: 10 to 12°C. Don't overchill; put it in the fridge only an hour or two before serving.
Shelf Life: Because the sugar content is high, icewine will last for three to five days after opening if stored in the refrigerator.
Best Enjoyed: On its own after a meal (think of it as dessert in a glass). The rule is to serve this rich, sweet wine with a dessert that is a bit lighter and less sweet, or with something savoury and full-flavoured for balance. Serving it with a too-rich or too-sweet dessert doesn't allow you to enjoy its merits. Try it with a simple dessert of fresh fruit with cheese, or as an aperitif with foie gras or rich pâtés. Red icewines with plum aromas pair well with chocolate. Icewine also makes amazing, if somewhat pricey, wine cocktails, which is a great way to use up any leftovers from the night before.

Bottle Etiquette

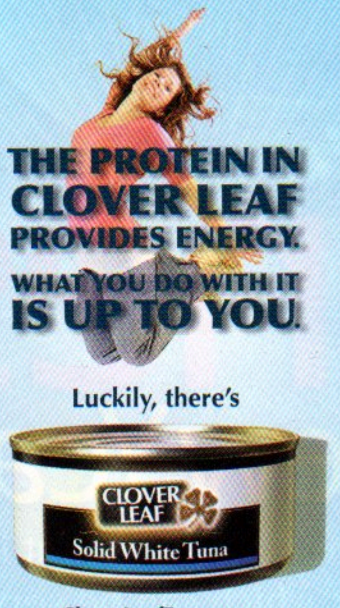
Q: Should I serve the wine a dinner-party guest brought?

A: If the bottle is chilled or ready to serve (that is, decanted), yes. But if she places it to one side and seems happy with whatever is on hand, then it's not mandatory, particularly if you've paired specific wines with your menu. As the perfect host, you might, at some point, ask your guest if she wishes to drink it. But it's often given as a treat for later.

TYPE	RECOMMENDATION
Riesling	Cave Spring Riesling Icewine 2006, Niagara Peninsula, Ont., **$59.95** Mission Hill Riesling Icewine 2007, Okanagan Valley, B.C., **$59.99**
Vidal	Château des Charmes Vidal Icewine 2007, Niagara Peninsula, Ont., **$44.95**
Red	Stratus Vineyards 2007 Icewine Red, Niagara Peninsula, Ont., **$39**
Sparkling	Inniskillin Sparkling Icewine 2006, Niagara Peninsula, Ont., **$69.95**

DISCLAIMER: Due to 10 different liquor regulatory bodies in Canada, and one province with a free market (Alberta), prices and availability may vary.

PHOTOGRAPHY, JUPITERIMAGES UNLIMITED/PHOTOOBJECTS.NET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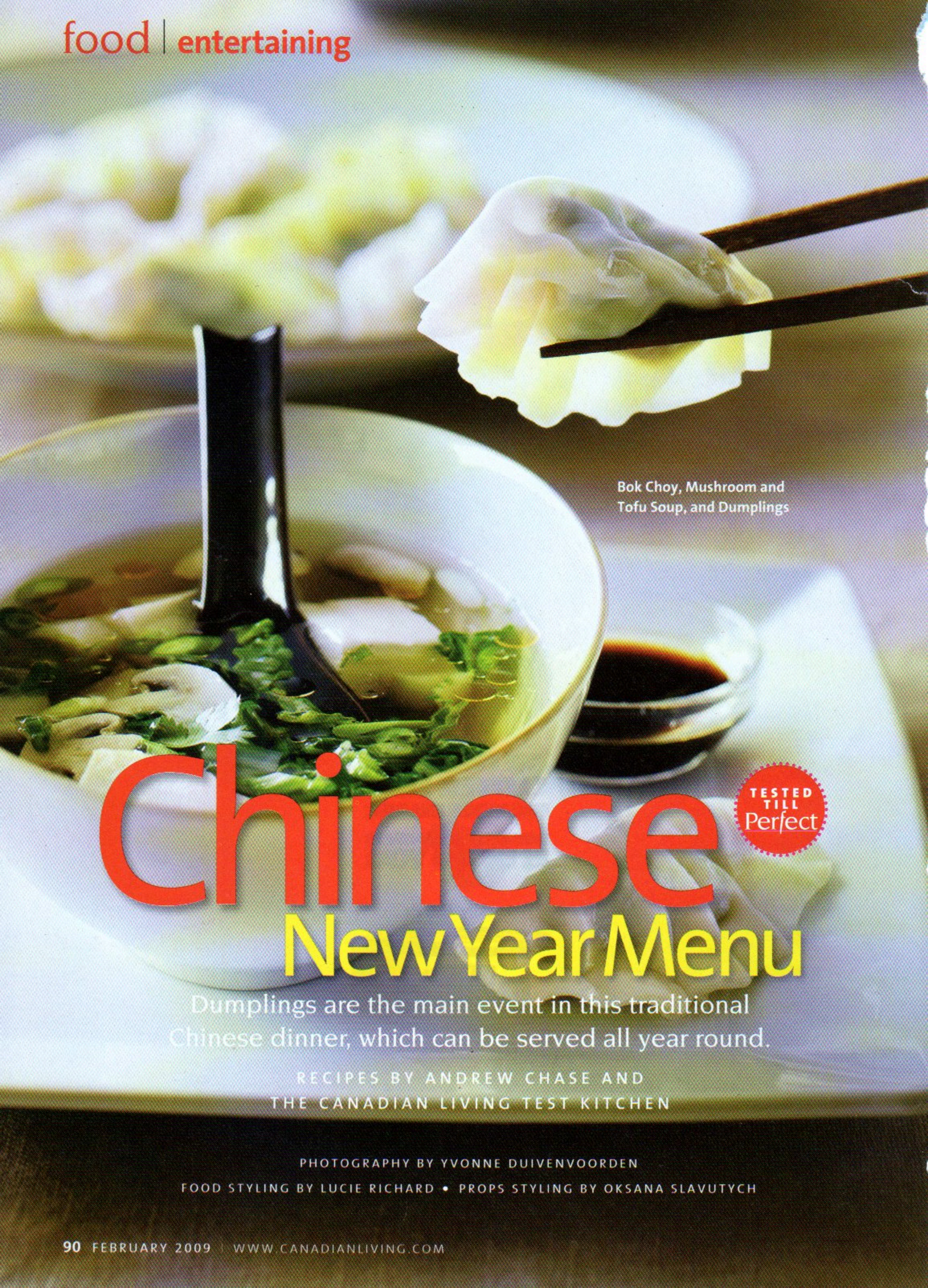


Bok Choy, Mushroom and Tofu Soup, and Dumplings

TESTED TILL Perfect

Chinese New Year Menu

Dumplings are the main event in this traditional Chinese dinner, which can be served all year round.

RECIPES BY ANDREW CHASE AND THE CANADIAN LIVING TEST KITCHEN

PHOTOGRAPHY BY YVONNE DUIVENVOORDEN

FOOD STYLING BY LUCIE RICHARD • PROPS STYLING BY OKSANA SLAVUTYCH

Everybody loves Chinese dumplings. Hundreds of types are made throughout China, but the northern style with white wheat-flour wrappers are wildly popular everywhere in China and abroad. This menu might grace a northern Chinese table during the two-week Chinese New Year Festival or, for that matter, any time of the year. In the traditional manner, a group (here five) of cold dishes starts the meal with drinks or tea, then one or two types of dumplings arrive accompanied by a simple soup. Here we offer a choice of four dumpling fillings, all destined to become family favourites.

MENU

FOR 6 TO 8

Garlic Cucumber Strips
•
Beijing-Style Boiled Peanuts
•
Kelp with Szechuan Peppercorns
•
Chicken and Celery in Mustard Sauce
•
Orange Chili Crispy Beef Strips
•
Bok Choy, Mushroom and Tofu Soup
•
Choice of Dumplings (Pork; Beef and Dill; Spinach and Mushroom Vegetarian; Shrimp and Leek)

FOR PROPS SOURCES, SEE PAGE 148

Garlic Cucumber Strips

It's best to use small pickling cucumbers, Persian or immature English cucumbers (also called baby seedless cucumbers) for this authentically garlicky salad. English cucumbers will also work but remove any seeds and the watery core.

12 oz	cucumbers	375 g
½ tsp	salt (approx)	2 mL
1 tbsp	rice vinegar	15 mL
1 tsp	granulated sugar	5 mL
3	cloves garlic, minced (approx)	3
½ tsp	sesame oil	2 mL

Cut cucumbers into 1½- x ⅓- x ⅓-inch (4 cm x 8 mm x 8 mm) sticks.

In bowl, mix cucumbers with salt; let stand for 30 minutes. Transfer to colander or sieve; press out as much liquid as possible.

In bowl, stir vinegar with sugar until dissolved; add cucumbers and toss.

Place garlic on cutting board, adding 1 more clove if desired. Sprinkle with pinch more salt; finely mince. With side of knife, scrape garlic back and forth on board until paste; mix into cucumber. Add oil. Let stand for 5 minutes. *(Make-ahead: Cover and refrigerate for up to 8 hours.)* **Makes 6 to 8 servings.** **PER EACH OF 8 SERVINGS:** about 13 cal, trace pro, trace total fat (0 g sat. fat), 3 g carb, trace fibre, 0 mg chol, 72 mg sodium. % RDI: 1% calcium, 1% iron, 3% vit C, 1% folate.

Beijing-Style Boiled Peanuts

With a pleasant toothsome crunch, these spiced boiled peanuts resemble the legumes that peanuts actually are rather than the nuts that we think they are.

8 oz	raw or blanched skinned peanuts	250 g
3	thin slices gingerroot	3
2	star anise	2
½ cup	finely diced daikon radish	125 mL
½ cup	finely diced carrot	125 mL
⅓ cup	finely chopped Chinese or regular celery	75 mL
½ tsp	salt	2 mL
1¼ tsp	fish sauce	6 mL

In saucepan, bring peanuts, ginger, star anise and 2¾ cups (675 mL) water to boil; reduce heat to medium. Boil, adding water if necessary to just cover, until nuts are tender-crisp, about 30 minutes. If there is more water than to barely cover, boil down over high heat. Transfer to bowl; let cool.

Meanwhile, in separate bowl, sprinkle radish, carrot and celery with salt; mix well. Let stand for 30 minutes.

Add salted vegetables to peanuts; mix in fish sauce. Refrigerate for 2 hours. *(Make-ahead: Cover and refrigerate up to 3 days.)* **Makes 3 cups (750 mL), or 6 to 8 servings.** **PER EACH OF 8 SERVINGS:** about 177 cal, 7 g pro, 12 g total fat (2 g sat. fat), 13 g carb, 3 g fibre, 0 mg chol, 232 mg sodium. ▶

% RDI: 3% calcium, 4% iron, 9% vit A, 3% vit C, 21% folate.

Kelp with Szechuan Peppercorns

Kelp is an edible Pacific Ocean seaweed that grows in long, wide ribbons. Dried kelp comes whole or shredded. You'll find it at any Chinese, Japanese or Korean food store, as well as in some health food aisles. Szechuan, or Sichuan, peppercorns are the dried reddish brown berries of prickly ash and are used extensively in Chinese cooking. They are sold mainly at Chinese grocers and herbalists.

1 oz	dried shredded kelp	30 g
2	cloves garlic, minced	2
1	hot pepper, thinly sliced	1
½ tsp	granulated sugar	2 mL
¼ cup	sesame oil	50 mL
4 tsp	Szechuan peppercorns	20 mL
2 tbsp	soy sauce	25 mL
1 tbsp	black rice vinegar or balsamic vinegar	15 mL
1	green onion, thinly sliced	1

Rinse kelp several times in cold water. Soak in 8 cups (2 L) water until tender and not salty, 20 to 30 minutes. Drain well, squeezing out excess moisture. Place in heatproof bowl; mound garlic, hot pepper and sugar on top.

In small saucepan, heat oil and peppercorns over medium heat until bubbling, fragrant and seeds darken, 4 to 5 minutes. Strain through heatproof sieve over garlic mixture, making garlic sizzle.

Return peppercorns to skillet. Add soy sauce and vinegar; boil until reduced by half, about 1 minute. Strain through sieve over kelp; discard peppercorns. Toss kelp to mix well; let cool. Mix in onion. **Makes 6 to 8 servings.** PER EACH OF 8 SERVINGS: about 73 cal, 1 g pro, 7 g total fat (1 g sat. fat), 3 g carb, trace fibre, 0 mg chol, 291 mg sodium. % RDI: 3% calcium, 4% iron, 2% vit C, 1% folate.

Chicken and Celery in Mustard Sauce

The small ribs of organic celery look pretty and are packed with flavour. For more kick, increase the mustard to 4 tsp (20 mL).

4	outer ribs organic celery (or 3 ribs regular celery)	4
4	slices gingerroot	4
1	chicken breast	1

▶

Wrapping and Cooking Dumplings

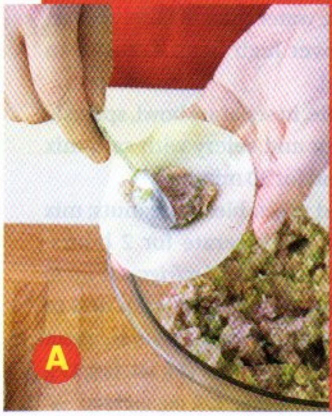
Chinese dumpling (*jiaozi*) wrappers are available at most large grocery stores. They are white, round and thicker than wonton wrappers.

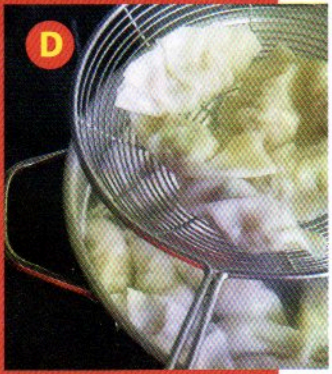
HOW TO WRAP:

With finger, wet edge of wrapper with water. Place about 2½ tsp (12 mL) filling in centre (Photo A); fold wrapper over and pinch edge together. Pleat edge, pinching to secure (Photo B). Stand on cornstarch-dusted tray (Photo C) covered with tea towel. *(Make-ahead: Cover towel with plastic wrap; refrigerate for up to 8 hours. Or freeze, uncovered, on tray; transfer to airtight container and freeze for up to 3 months. Cook frozen.)*

HOW TO COOK:

- **BOILED:** Drop dumplings into large pot of vigorously boiling water; return to boil. Add 1 Chinese rice bowl (about 1½ cups/375 mL) of cold water. When water returns to boil, dumplings are cooked. Remove dumplings with Chinese wire strainer (Photo D) or slotted spatula.
- **BOILED FROZEN:** Proceed as for boiled dumplings except add second bowl of water after first bowl boils.
- **FRIED:** Add 2 tbsp (25 mL) peanut or vegetable oil to cast-iron or nonstick skillet; add enough dumplings to fit snugly without touching. Heat over medium-high heat until oil sizzles; pour in ½ cup (125 mL) water. Cover and cook until dry and spattering ceases; uncover and cook, if necessary, until bottoms are golden .
- **LEFTOVERS:** Cooked dumplings can be reheated and crisped by cooking in a little oil.





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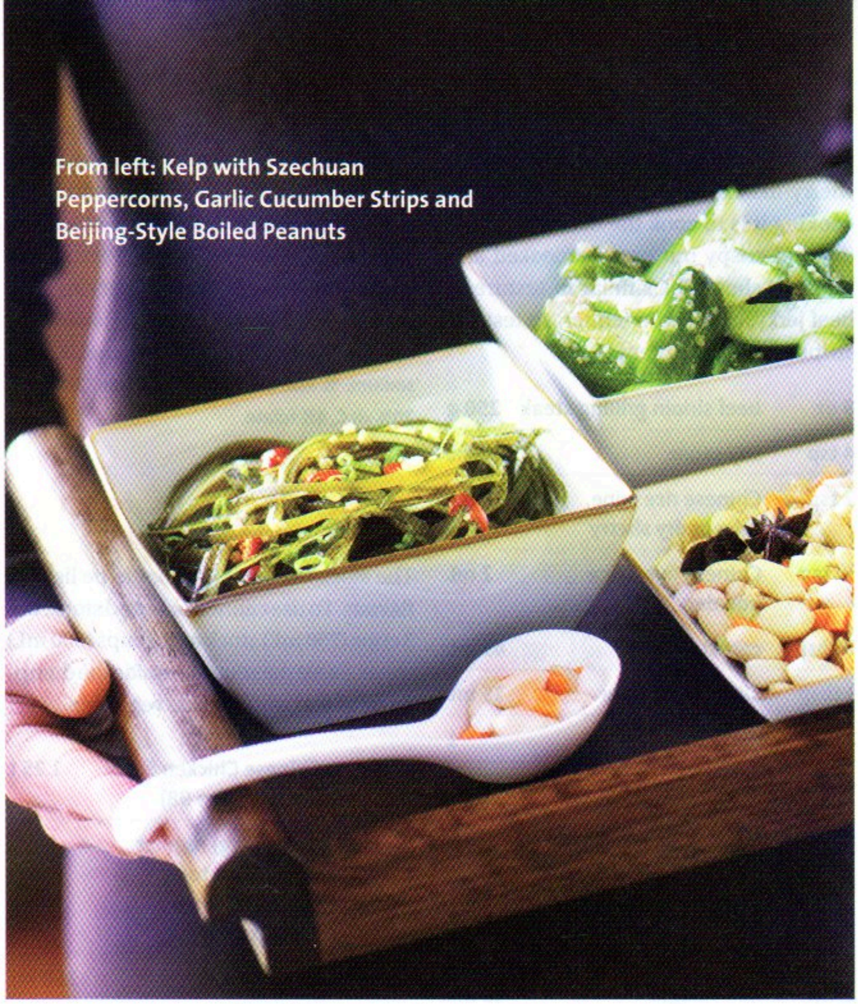

From left: Kelp with Szechuan Peppercorns, Garlic Cucumber Strips and Beijing-Style Boiled Peanuts

1 tbsp	mustard powder	15 mL
1 tbsp	light or sodium-reduced soy sauce	15 mL
1 tbsp	sesame oil	15 mL
2 tsp	rice vinegar	10 mL
1 tsp	granulated sugar	5 mL
2	green onions (white parts only) minced	2
¼ cup	loosely packed coriander leaves	50 mL

❧ Cut each celery rib crosswise in half. Blanch in saucepan of boiling salted water for 45 seconds; remove with tongs and chill in ice water. Drain and pat dry. Cut into 2-inch (5 cm) long pieces.

❧ Add ginger to boiling water; reduce heat to low. Cover and poach chicken until no longer pink inside, about 15 minutes. Remove chicken from water and let cool. Remove skin and bones. *(Make-ahead: Wrap and refrigerate celery and chicken separately for up to 6 hours.)* Shred chicken.

❧ In bowl, mix mustard powder with 1 tbsp (15 mL) water to make paste; let stand for 10 minutes. Whisk in soy sauce, sesame oil, vinegar and sugar until sugar is dissolved. Stir in onions.

❧ Place celery on serving plate; top with chicken. Spoon mustard sauce over top. Garnish with coriander. **Makes 6 to 8 servings.** PER EACH OF 8 SERVINGS: about 46 cal, 4 g pro, 3 g total fat (trace sat. fat), 2 g carb, trace fibre, 11 mg chol, 140 mg sodium. % RDI: 1% calcium, 2% iron, 2% vit A, 3% vit C, 3% folate.

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Make Chinese Crab Sui Mai with our step-by-step instructions.

Orange Chili Crispy Beef Strips

This dish is representative of highly flavoured meat dishes meant to accom- ▶

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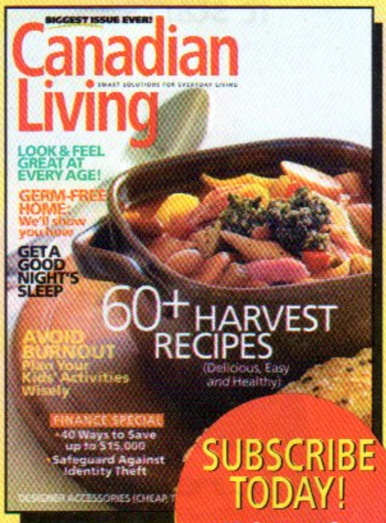

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pany fiery Chinese alcoholic drinks or sherry-like Chinese rice wine. The trick to cooking it is to cook the beef until quite dry and crispy but not overcooked and burnt. It should be similar in texture to beef jerky, only more tender, so test the strips as you cook them.

8 oz	beef sirloin grilling steak	250 g
4 tsp	soy sauce	20 mL
2 tsp	Chinese rice wine, sake or dry sherry	10 mL
½ tsp	Chinese five-spice powder	2 mL
3 tbsp	cornstarch	45 mL
1 tbsp	all-purpose flour	15 mL
1	orange	1
2 cups	vegetable oil	500 mL
3	cloves garlic, minced	3
1	hot red pepper, seeded and very thinly sliced	1
2 tsp	granulated sugar	10 mL
2 tsp	rice vinegar	10 mL
Pinch	salt	Pinch
1 tsp	toasted sesame seeds	5 mL

❧ Slice beef across the grain into very thin 2-inch (5 cm) long strips. In bowl, mix together soy sauce, rice wine, five-spice powder and beef. In separate bowl, mix cornstarch, flour and ¼ cup (50 mL) water to make paste; stir into beef mixture to coat. Let stand for 10 minutes.

❧ Using paring knife or vegetable peeler, pare off half of the orange peel into strips without white pith. Stack and slice into fine threads. Juice orange to make about ⅓ cup (75 mL); set aside.

❧ In wok or skillet, heat oil over high heat until wooden chopstick or spoon inserted in oil bubbles immediately around edges. Cook beef, in 2 batches and breaking up with spoon, until crispy and dry, 4 to 5 minutes per batch. With slotted spoon, transfer to sieve over heatproof bowl to drain off oil.

❧ Pour off all but 1 tbsp (15 mL) of the oil in wok; stir-fry garlic over medium-high heat until fragrant but not browned, about 20 seconds. Add orange strips and hot pepper; stir-fry for 20 seconds.

❧ Stir in orange juice, sugar, vinegar and salt; boil over high heat until reduced to thick glaze. Add beef; stir-fry to coat. Toss with sesame seeds. Serve warm or at room temperature. **Makes 6 servings.** PER SERVING: about 139 cal, 9 g pro, 7 g total fat (1 g sat. fat), 9 g carb, 1 g fibre, 20 mg chol, 224 mg sodium. % RDI: 1% calcium, 9% iron, 2% vit A, 20% vit C, 4% folate.

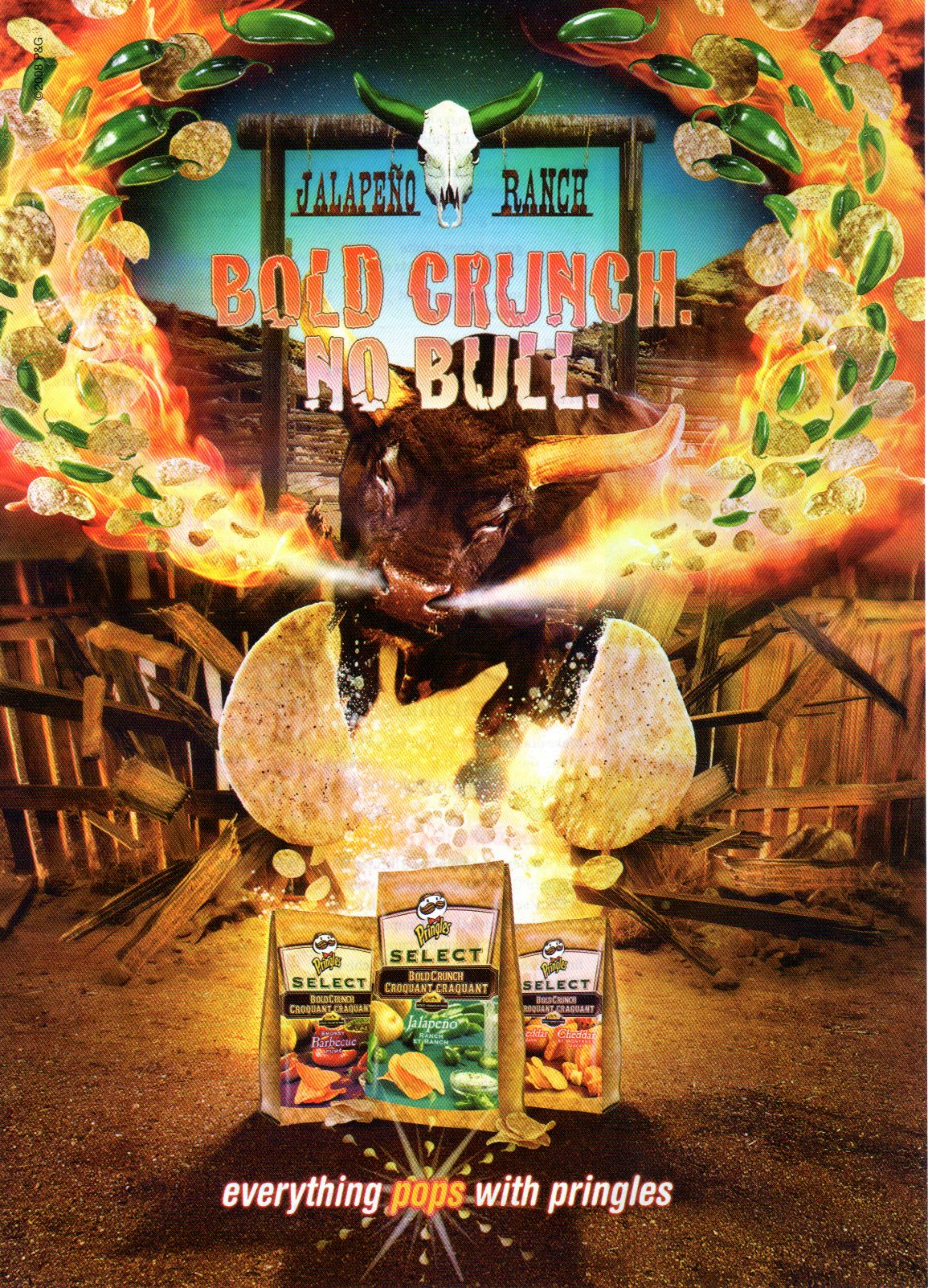
Bok Choy, Mushroom and Tofu Soup

The stock for this soup should be light in flavour. To use canned or boxed stock, use 3 cups (750 mL) stock and 2 cups (500 mL) water. Serve the soup alongside the dumplings, as you would a side vegetable.

5 cups	Chinese Chicken Stock (recipe, page 98)	1.25 L
1	pkg (300 g) regular or medium tofu, cut into ¾-inch (2 cm) cubes	1
1 cup	thinly sliced mushrooms	250 mL
4 cups	chopped bok choy, spinach or napa cabbage (12 oz/375 g)	1 L
½ tsp	salt (approx) (optional)	2 mL
1	green onion, thinly sliced	1
½ tsp	sesame oil	2 mL
Pinch	white pepper	Pinch
	Coriander leaves (optional)	

❧ In Dutch oven, bring stock to boil; add tofu and mushrooms. Reduce heat and simmer until mushrooms are tender, about 3 minutes.

❧ Add bok choy; simmer until tender-crisp, about 3 minutes. Taste and add salt if desired. Transfer to serving bowl. Sprinkle with onion, sesame oil and pepper. Top with coriander (if using). **Makes 6 to 8 servings.** PER EACH OF 8 SERVINGS: about 59 cal, 6 g pro, 3 g total fat (trace sat. fat), 3 g carb, 1 g fibre, 1 mg chol, 325 mg sodium. % RDI: 8% calcium, 10% iron, 20% vit A, 22% vit C, 18% folate. ▶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Chinese Chicken Stock

This light stock is a good foundation for soup and for use in Chinese stir-fries.

2 lb	chicken backs, legs or pieces	1 kg
3	slices gingerroot	3
2	green onions (white and light green parts only)	2
1	sprig coriander (root and stems only)	1
2 tbsp	Chinese rice wine	25 mL
1 tsp	peppercorns	5 mL
½ tsp	salt	2 mL

In Dutch oven, bring chicken and 10 cups (2.5 L) water to boil; reduce heat to simmer. Skim off scum. Add ginger, onions, coriander, wine, peppercorns and salt; cook until flavourful, about 2 hours. Strain through fine sieve. Skim off any fat. *(Make-ahead: Let cool; cover and refrigerate for up to 2 days.)* **Makes about 8 cups (2 L).** PER 1 CUP (250 mL): about 26 cal, 3 g pro, 1 g total fat (0 g sat. fat), 1 g carb, 0 g fibre, 1 mg chol, 163 mg sodium. % RDI: 1% iron, 1% folate.

Dumplings

Make one or two of the following fillings, then see "Wrapping and Cooking Dumplings," page 92, to finish the dish.

Pork Dumpling Filling

This is a standard filling used throughout northern China. Dried shrimp (available at Chinese food stores) add depth to the relatively bland pork–and–napa cabbage mix. If you wish, add up to 2 cups (500 mL) finely chopped Chinese or garlic chives. Others might like to add a handful of finely chopped fresh coriander.

2 tbsp	dried shrimp (optional)	25 mL
3 cups	finely chopped napa cabbage (8 oz/250 g)	750 mL
1 tsp	salt	5 mL
1 lb	lean ground pork	500 g
½ cup	minced green onion	125 mL
1	egg, beaten	1
1 tbsp	soy sauce	15 mL
1 tsp	grated gingerroot	5 mL
1 tsp	sesame oil	5 mL
¼ tsp	white or black pepper	1 mL
Pinch	cayenne pepper	Pinch

If using shrimp, soak in cold water for 20 minutes; drain. In small skillet, toast shrimp over medium-low heat until fragrant and lightly toasted, 2 to 3 minutes; let cool. Mince and set aside.

Toss cabbage with salt; let stand for 20 minutes. Squeeze out moisture. Transfer to large bowl.

Add pork, onion, egg, soy sauce, ginger, sesame oil, white and cayenne peppers, and shrimp (if using); mix well. **Makes about 3 cups (750 mL), enough for about 60 dumplings.** PER 2½ TSP (12 mL): about 19 cal, 2 g pro, 1 g total fat (trace sat. fat), trace carb, 0 g fibre, 8 mg chol, 39 mg sodium. % RDI: 1% iron, 1% folate.

Beef and Dill Dumpling Filling

Dill isn't usually associated with Chinese cooking, but here it is used by the handful to blend wonderfully with the beef.

2 cups	finely chopped napa cabbage (5 oz/150 g)	500 mL
¾ tsp	salt	4 mL
1 lb	medium or lean ground beef	500 g
1½ cups	finely chopped fresh dill	375 mL
⅔ cup	minced green onion	150 mL
1	egg, beaten	1
1	hot pepper, seeded and minced	1
1 tbsp	soy sauce	15 mL
2 tsp	sesame oil	10 mL
1 tsp	grated gingerroot	5 mL
¼ tsp	black pepper	1 mL

Toss cabbage with ½ tsp (2 mL) of the salt; let stand for 20 minutes. Squeeze out moisture. Transfer to large bowl.

Add beef, dill, onion, egg, hot pepper, soy sauce, sesame oil, ginger, pepper ▸

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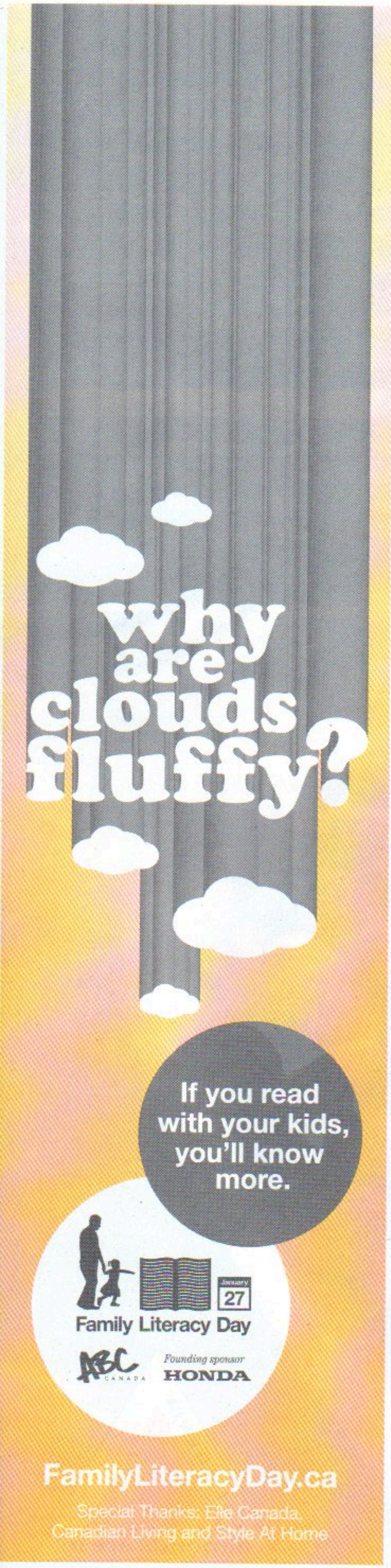

and remaining salt; mix well. **Makes about 3 cups (750 mL), enough for about 60 dumplings.** PER 2½ TSP (12 ML): about 21 cal, 2 g pro, 1 g total fat (trace sat. fat), trace carb, 0 g fibre, 8 mg chol, 36 mg sodium. % RDI: 1% iron, 1% vit A, 1% folate.

Spinach and Mushroom Vegetarian Dumpling Filling

Although dumplings were always considered a way of making a little meat go a long way, vegetarian dumplings are also popular throughout China.

1	pkg (50 g) bean threads (mung bean vermicelli)	1
2	bunches spinach (about 12 oz/375 g each), blanched and drained	2
6 oz	shiitake mushrooms	175 g
1 tbsp	peanut or vegetable oil	15 mL
1 tbsp	soy sauce	15 mL
2 tsp	Chinese rice wine, dry sherry or sake	10 mL
½ tsp	granulated sugar	2 mL
2	eggs	2
1 tbsp	sesame oil	15 mL
¾ tsp	salt	4 mL
¼ tsp	white pepper	1 mL

In heatproof bowl, cover bean threads with about 2 cups (500 mL) boiling water; soak for 10 minutes. Drain. With scissors, cut into 1-inch (2.5 cm) lengths and place in large bowl.

Squeeze moisture out of spinach; chop finely. Add to bean threads.

Remove shiitake stems and discard; dice caps. In small skillet, heat peanut oil over medium-high heat; sauté mushrooms until lightly browned. Add soy sauce, rice wine and sugar; sauté until no liquid remains. Scrape into separate bowl; let cool.

Beat together eggs, sesame oil, ¼ tsp (1 mL) of the salt and pepper. Heat 8-inch (20 cm) nonstick or cast-iron skillet over medium heat; cook half of the egg mixture until egg is set. Slide onto plate. Repeat with remaining egg mixture. Roll up egg sheets; cut into shreds and chop.

Add egg shreds, mushroom mixture, and remaining salt to spinach mixture; mix well. **Makes about 3 cups (750 mL), enough for about 60 dumplings.** PER 2½ TSP (12 ML): about 13 cal, 1 g pro, 1 g total fat (trace sat. fat), 1 g carb, trace fibre, 6 mg chol, 54 mg sodium. % RDI: 1% calcium, 4% iron, 12% vit A, 2% vit C, 8% folate.

Shrimp and Leek Dumpling Filling

Leeks are common in northeast China, home to this type of dumpling. Here their use in a filling is a nontraditional touch.

2 cups	minced leeks (white and light green parts only)	500 mL
1 tsp	salt	5 mL
1 lb	shrimp, peeled and deveined	500 g
3 oz	ground pork	90 g
1	egg yolk	1
¼ cup	finely chopped fresh coriander	50 mL
2 tsp	light or sodium-reduced soy sauce	10 mL
2 tsp	Chinese rice wine, dry sherry or sake	10 mL
1 tsp	grated gingerroot	5 mL
1 tsp	fish sauce or light soy sauce	5 mL
1 tsp	sesame oil	5 mL
Pinch	white or black pepper	Pinch

Toss leeks with salt; let stand for 30 minutes. Squeeze out moisture. Transfer to large bowl.

On cutting board and using side of cleaver, pound 1 shrimp until pulpy; chop a few times and add to bowl. Repeat with remaining shrimp. Mix in pork, egg yolk, coriander, soy sauce, rice wine, ginger, fish sauce, sesame oil and pepper. **Makes about 2½ cups (625 mL), enough for about 45 dumplings.** PER 2½ TSP (12 ML): about 17 cal, 2 g pro, 1 g total fat (trace sat. fat), 1 g carb, 0 g fibre, 17 mg chol, 56 mg sodium. %RDI: 1% calcium, 2% iron, 1% vit A, 1% folate. ●

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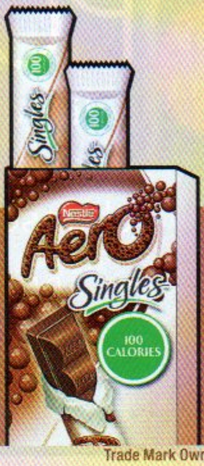

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From top: Cakey Chocolate Brownies with Chocolate Icing and Coconut Pecan Icing, and Chocolate Cappuccino Brownie Cheesecake Squares

TESTED TILL Perfect

Brownie Points

A little decadence goes a long way. Bakers, choose your flavour.

BY ADELL SHNEER AND THE CANADIAN LIVING TEST KITCHEN

PHOTOGRAPHY BY YVONNE DUIVENVOORDEN

FOOD STYLING BY CLAIRE STANCER • PROPS STYLING BY OKSANA SLAVUTYCH

The brownie is the king of squares. Perhaps that's because it's chocolate (the most popular of flavours). Or maybe it's because it's delightfully delicious and decadent. Add the fact that brownies are super easy to make, and you've got guaranteed winners on hand for any taste or occasion.

Chocolate Cappuccino Brownie Cheesecake Squares

Coffee-flavoured cheesecake marbled with fudgy brownie makes these irresistible. For best results, refrigerate overnight.

3 oz	bittersweet chocolate, chopped	90 g
⅓ cup	butter	75 mL
¾ cup	granulated sugar	175 mL
2	eggs	2
1 tsp	vanilla	5 mL
¾ cup	all-purpose flour	175 mL
1 tsp	baking powder	5 mL
½ tsp	salt	2 mL
CHEESECAKE:		
1 cup	cream cheese, softened	250 mL
⅓ cup	granulated sugar	75 mL
1	egg	1
1 tsp	instant coffee granules	5 mL
1 tsp	vanilla	5 mL
1 tbsp	all-purpose flour	15 mL

In large heatproof bowl over saucepan of hot (not boiling) water, melt chocolate with butter; let cool slightly. Whisk in sugar, eggs and vanilla. Stir in flour, baking powder and salt. Set aside.

CHEESECAKE: In bowl, beat cream cheese with sugar until smooth; beat in egg. Dissolve coffee granules in vanilla; add to cheese mixture. Stir in flour.

Remove ½ cup (125 mL) of the chocolate batter to small bowl. Spread remaining batter in parchment paper–lined 8-inch (2 L) square metal cake pan. Spread cheesecake batter over top. By spoonfuls, drop reserved chocolate batter over top. Run knife through batter to make decorative swirls.

Bake in 350°F (180°C) oven until tester inserted in centre comes out with a few moist crumbs clinging, 30 to 35 minutes. Let cool in pan on rack. Refrigerate for 4 hours. *(Make-ahead: Wrap and refrigerate for up to 2 days.)* Cut into squares. **Makes 20 squares.** PER SQUARE: about 164 cal, 3 g pro, 10 g total fat (6 g sat. fat), 17 g carb, 1 g fibre, 49 mg chol, 138 mg sodium. % RDI: 2% calcium, 5% iron, 9% vit A, 7% folate.

Cakey Chocolate Brownies

This cross between chocolate cake and a brownie is light textured, unlike the usual dense, fudgy variety. Finish with either Coconut Pecan Icing (recipe, this page) or Chocolate Icing (recipe, this page).

⅓ cup	butter, softened	75 mL
1 cup	granulated sugar	250 mL
3	eggs	3
1 tsp	vanilla	5 mL
2 oz	each unsweetened and bittersweet chocolate, melted and cooled	60 g
1 cup	all-purpose flour	250 mL
½ tsp	baking powder	2 mL
¼ tsp	salt	1 mL

In large bowl, beat butter with sugar until combined; beat in eggs, 1 at a time. Beat in vanilla. Beat in unsweetened and bittersweet chocolate. Stir in flour, baking powder and salt. Spread in parchment paper–lined 8-inch (2 L) square metal cake pan.

Bake in 350°F (180°C) oven until tester inserted in centre comes out with a few moist crumbs clinging, about 20 minutes. Let cool in pan on rack. *(Make-ahead: Wrap and store for up to 2 days.)* Cut into squares. **Makes 20 squares.** PER SQUARE: about 130 cal, 2 g pro, 6 g total fat (4 g sat. fat), 17 g carb, 1 g fibre, 36 mg chol, 67 mg sodium. % RDI: 1% calcium, 6% iron, 4% vit A, 7% folate.

Coconut Pecan Icing

This recipe makes enough for an 8-inch (2 L) square pan of brownies, but you'll want to tuck it away to use on cakes and cupcakes, too.

⅓ cup	granulated sugar	75 mL
⅓ cup	evaporated milk	75 mL
1	egg yolk	1
2 tbsp	butter	25 mL
¾ cup	sweetened flaked coconut	175 mL
⅓ cup	chopped toasted pecans	75 mL
½ tsp	vanilla	2 mL

In small saucepan over low heat, stir together sugar, evaporated milk, egg yolk and butter; cook, stirring constantly and without boiling, until thickened, about 8 minutes. Remove from heat.

Stir in coconut, pecans and vanilla. Let cool. **Makes about 1 cup (250 mL).** PER 1 TBSP (15 ML): about 75 cal, 1 g pro, 5 g total fat (3 g sat. fat), 7 g carb, trace fibre, 17 mg chol, 28 mg sodium. % RDI: 2% calcium, 1% iron, 2% vit A, 1% folate.

Chocolate Icing

You can whip up this sweet, chocolaty icing in seconds.

1 cup	icing sugar	250 mL
¼ cup	butter, softened	50 mL
1 oz	unsweetened chocolate, melted and cooled	30 g
4 tsp	hot water	20 mL
½ tsp	vanilla	2 mL

In bowl, beat sugar with butter; beat in chocolate, hot water and vanilla until smooth and fluffy. **Makes about 1 cup (250 mL).** PER 1 TBSP (15 ML): about 64 cal, trace pro, 4 g total fat (2 g sat. fat), 8 g carb, trace fibre, 8 mg chol, 21 mg sodium. % RDI: 1% iron, 3% vit A.

Decadent Chocolate Fudge Brownies

Rich, dark and moist, these brownies are the ultimate treat for chocolate lovers.

3 oz	bittersweet chocolate, chopped	90 g
½ cup	butter	125 mL
1 cup	granulated sugar	250 mL
2	eggs	2

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1	egg yolk	1
1 tsp	vanilla	5 mL
⅔ cup	all-purpose flour	150 mL
¼ cup	cocoa powder	50 mL
½ tsp	baking powder	2 mL
¼ tsp	salt	1 mL
1 cup	semisweet chocolate chips	250 mL

In heatproof bowl over saucepan of hot (not boiling) water, melt chocolate with butter; let cool. Stir in sugar, eggs, egg yolk and vanilla until smooth.

In separate bowl, whisk together flour, cocoa, baking powder and salt; stir into chocolate mixture until combined. Stir in chocolate chips. Spread in parchment paper–lined 8-inch (2 L) square metal cake pan.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out with a few moist crumbs clinging, 25 minutes. Let cool in pan on rack. *(Make-ahead: Wrap and store for up to 2 days.)* Cut into squares. **Makes 20 squares.** PER SQUARE: about 175 cal, 2 g pro, 9 g total fat (6 g sat. fat), 22 g carb, 1 g fibre, 41 mg chol, 76 mg sodium. % RDI: 1% calcium, 6% iron, 5% vit A, 7% vit C.

VARIATION

Chocolate Fudge Walnut Brownies: Replace chocolate chips with chopped walnut halves.

Gluten-Free Chocolate Brownies

Dense and fudgy, these gluten-free brownies are studded with chocolate chips and almonds.

4 oz	bittersweet chocolate, chopped	125 g
½ cup	butter	125 mL
1 cup	granulated sugar	250 mL
2	eggs	2
1	egg yolk	1
1 tsp	vanilla	5 mL
⅓ cup	ground almonds	75 mL
⅓ cup	gluten-free baking flour (such as Bob's Red Mill)	75 mL
1 tsp	baking powder	5 mL
½ tsp	salt	2 mL
1 cup	semisweet chocolate chips	250 mL
¾ cup	chopped toasted almonds	175 mL

In heatproof bowl over saucepan of hot (not boiling) water, melt chocolate with butter; let cool. Stir in sugar, eggs, egg yolk and vanilla until smooth.

In separate bowl, whisk together ground almonds, gluten-free baking flour, baking powder and salt; stir into chocolate mixture until smooth. Stir in chocolate chips and almonds. Spread in parchment paper–lined 8-inch (2 L) square metal cake pan.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out with a few moist crumbs clinging, 30 to 35 minutes. Let cool in pan on rack. *(Make-ahead: Wrap and store for up to 2 days.)* Cut into squares. **Makes 20 squares.** PER SQUARE: about 205 cal, 3 g pro, 13 g total fat (6 g sat. fat), 21 g carb, 2 g fibre, 41 mg chol, 112 mg sodium. % RDI: 3% calcium, 6% iron, 5% vit A, 4% folate. ●

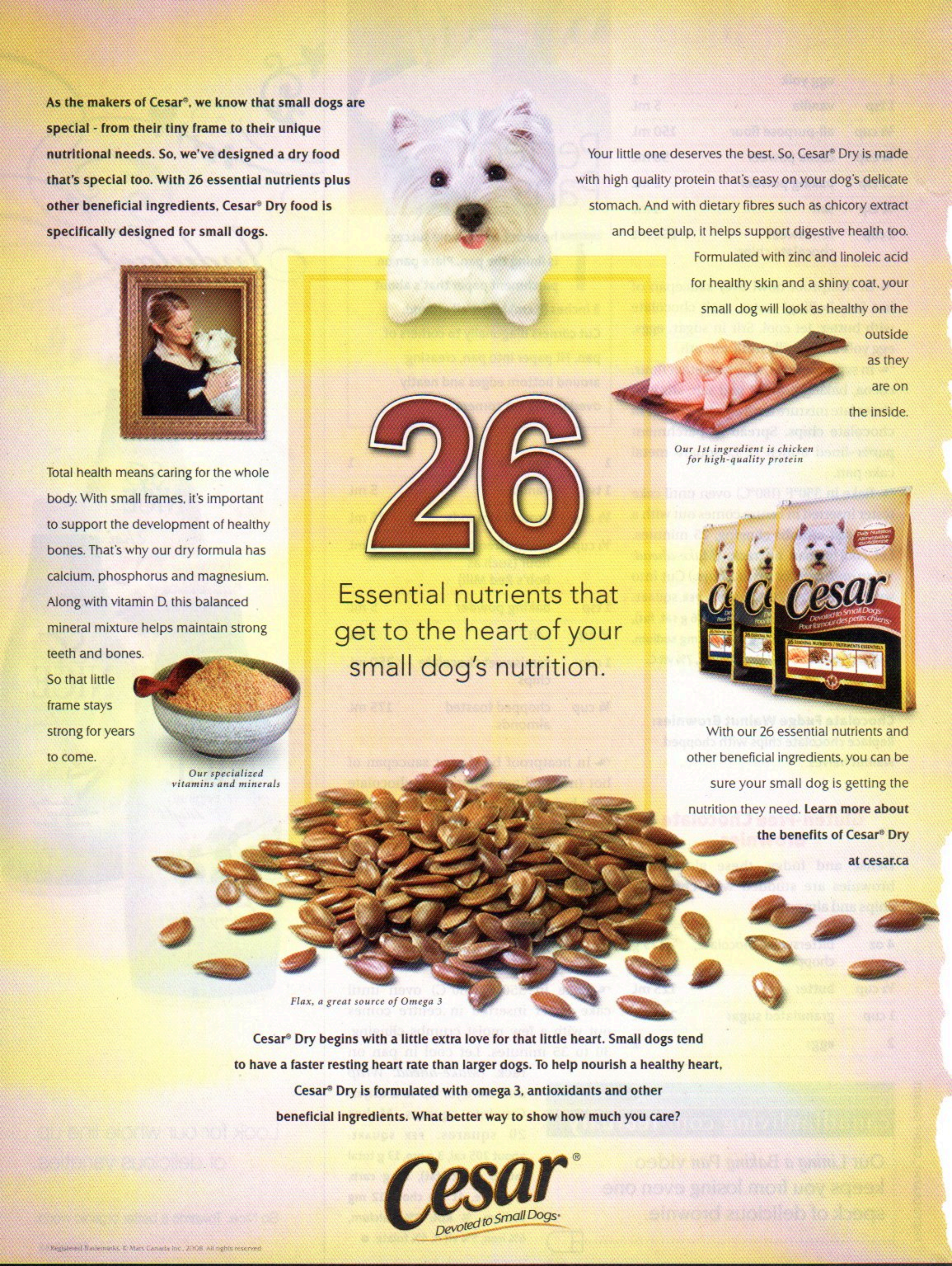
Perfect Pans

The secret to brownie success is lining the pan. Place pan on parchment paper that's about 3 inches (8 cm) larger all around. Cut corners diagonally to corners of pan. Fit paper into pan, creasing around bottom edges and neatly overlapping cut corners.

canadianliving.com/february

Our *Lining a Baking Pan* video keeps you from losing even one speck of delicious brownie.

PHOTOGRAPHY, GEOFF GEORGE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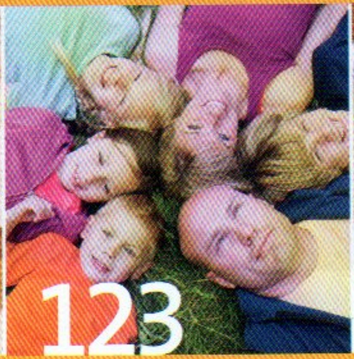
life

"You can't stop loving or wanting to love, because when it's right, it's the best thing in the world."

– Keith Sweat

109 Your Kids



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124 Get a Fresh Start on Your Finances

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0-5 YEARS

BY KATHRYN DORRELL

Try Something NEW

Children need nurturing, responsive and emotionally sensitive adults in their lives. These relationships help your child learn, build confidence and trust others as she grows. Feeling emotionally secure allows your child to explore her environment independently and master new developmental skills.

Parents can encourage this by providing new experiences, each one slightly more challenging than the one before. For example, play with your baby and watch as she enjoys her first shape sorter. Success may come as she fits a single shape into its hole. The next step might be to give her a three-object sorter that includes the first shape and two new ones. By increasing the challenge in small steps, you allow her to stay excited about the task. When she gets it, she will feel great about her accomplishment and comforted knowing that she can count on you to meet her needs. When children feel confident and good about themselves, they are ready to take on the world.

INVEST IN KIDS

EDITOR'S PICK

Celebrate **Family Literacy Day** on Jan. 27 by making a contribution to Just One More Book!!, a free online podcast of children's books that features interviews with authors, readings, listeners' book reviews and much more.

Now in its third season, the ad-free audio program is looking for more input from parents just like you. Call **(206) 350-6487** and tell them about one of your favourite children's books and why you love it. Listen to the program at **www.justonemorebook.com.**

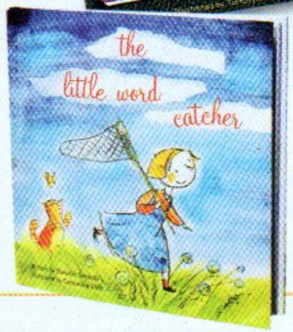
THE SITUATION: My kids, ages three and five, have way, way too many toys but are reluctant to part with anything. I want to give some away – ones I don't think they will miss – without asking them.

THE SOLUTION: Here's how to cut down on the number of toys around the house without causing grief.

- First off, there's nothing wrong with paring down, so you don't need to feel guilty. However, don't give away any toys your children still enjoy. Put away a few toys for a period of time and see if they look for them or ask to play with them. If not, you're safe to share them with others.
- If you don't necessarily want to give away your children's toys, but at the same time feel it's wrong for your children to have so many, rotate them. Your children will appreciate their toys more when there are fewer to play with.
- If you have older kids, consider involving them in donating toys to others in need. Whatever approach you choose, be respectful of your children's feelings.

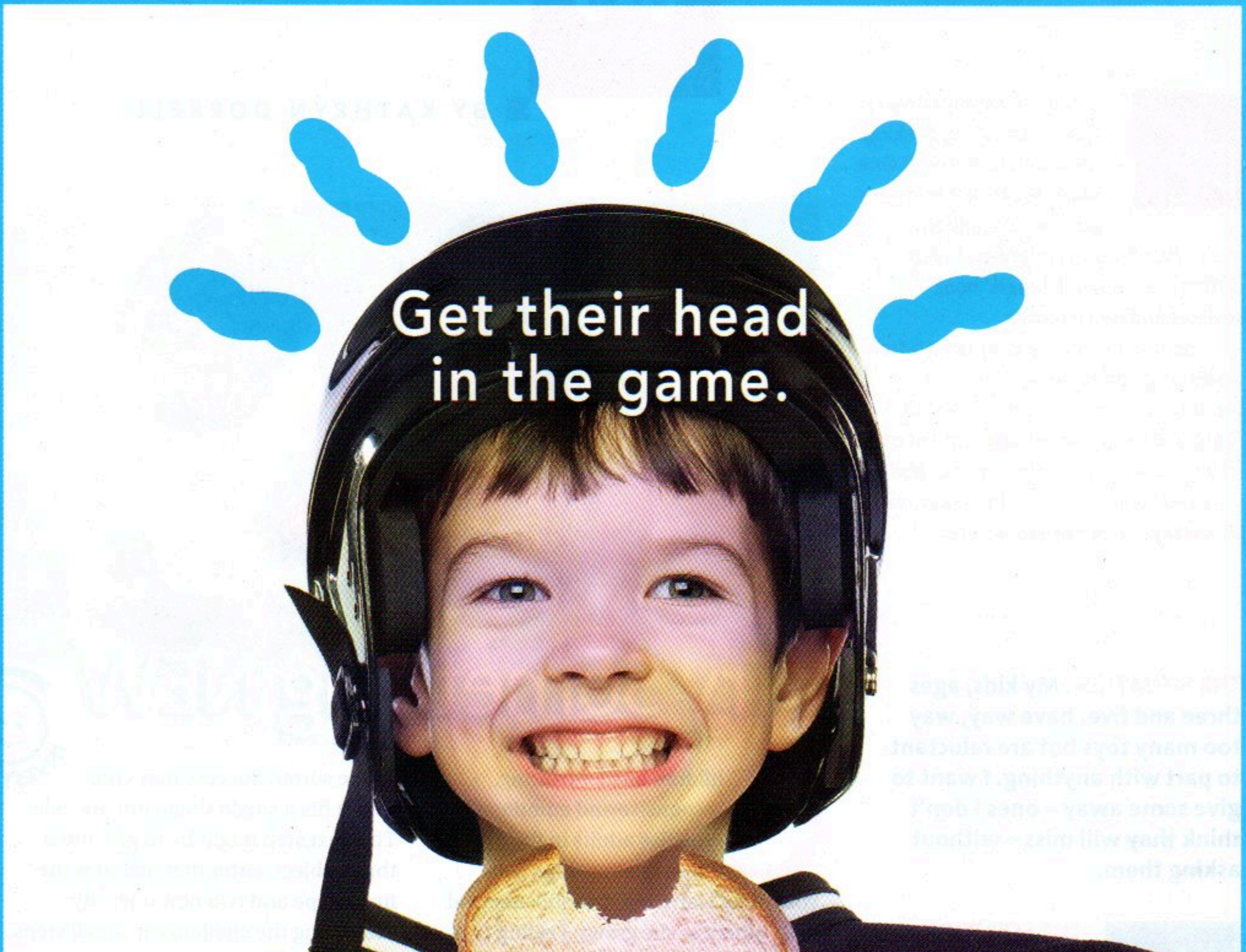
• **Cathryn Tobin** *is a pediatrician and author of* The Lull-a-Baby Sleep Plan.

Hot Off the Press



- ***It Takes a Child*** **(Me to We, 2008, $10.95) by Craig Kielburger and TurnStyle Imaging is a fun, colourful look back at Craig's adventures in global action. Craig takes young readers along on his eye-opening journey through the developing world, learning about global poverty and child labour. Available at www.metowe.com.**
- ***The Little Word Catcher*** **(Second Story, 2008, $14.95) by Canadian author Danielle Simard is a charming story that shows how a young girl comes to understand and help her grandmother who has Alzheimer's disease.**

PHOTOGRAPHY (CLOCKWISE FROM TOP RIGHT): GOODSHOOT/JUPITERIMAGES; MARK BURSTYN; COURTESY OF CATHRYN TOBIN



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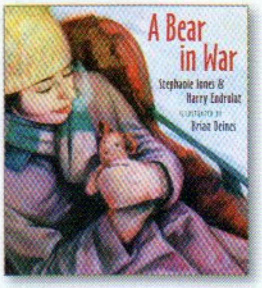
EDITOR'S PICK

A Bear in War (Key Porter, 2008, **$19.95**) by Stephanie Innes and Harry Endrulat is a timeless and touching love story told from the perspective of a girl's teddy bear. Ten-year-old Aileen, who lives in rural Quebec, sends her beloved bear off to her father, who is fighting in the battle of Passchendaele in France. Though the teddy made it home (it now sits in the Canadian War Museum in Ottawa), Aileen's father did not.



THE SITUATION: I have tried talking to my nine-year-old daughter about sex – twice – but she gets embarrassed and doesn't want to discuss it. Do I keep trying or wait a while?

THE SOLUTION: Many children this age feel awkward talking about sex. Books about sexuality can be useful. You can leave one someplace where your daughter might be most likely to pick it up. It's also important to persevere in talking to her. Your daughter is nearing puberty and needs to understand the changes that will happen in her body. She also needs accurate information about sexuality, intimacy and how she can set limits in her relationships. Some parents choose to have conversations about sex during long car rides with their child. This way your daughter won't have to look you in the eye while you're talking, and it will leave her room to ask questions. You can let her know that you're available to chat whenever she's ready.

• **Elizabeth Church** is a psychologist, professor and the author of *Understanding Stepmothers*.

PHOTOGRAPHY: COURTESY OF ELIZABETH CHURCH (BOTTOM LEFT); LAURA JOHANSEN/MASTERFILE (TOP RIGHT); MASTERFILE (BOTTOM RIGHT)

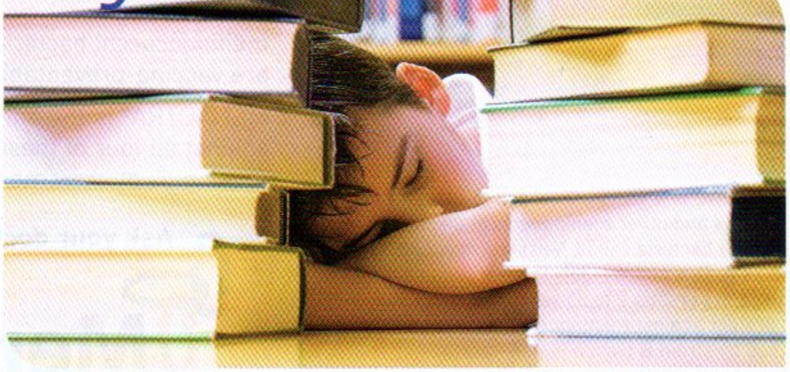
BY KATHRYN DORRELL

Make a Family Memory Box

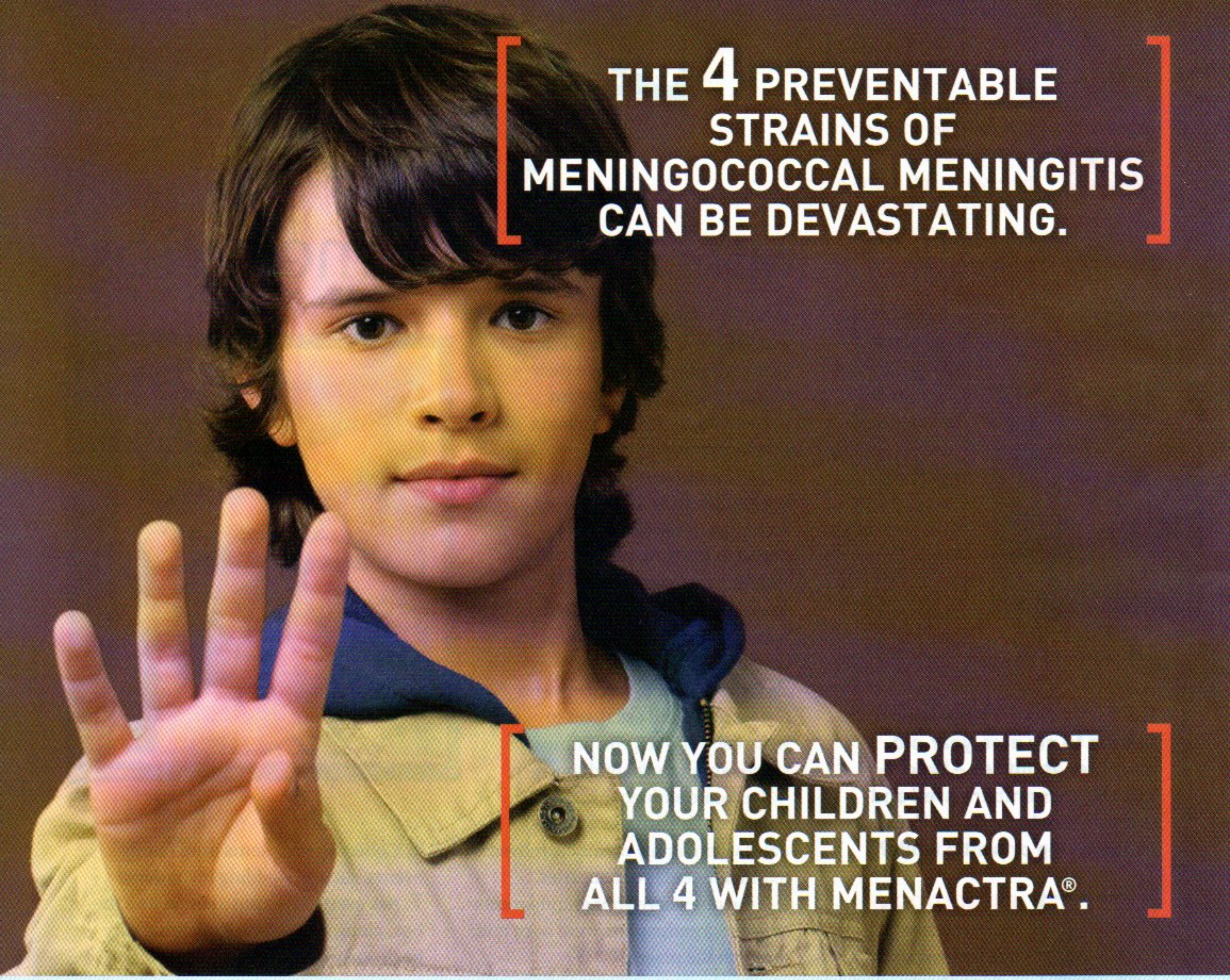
Creating a family memory box will help your kids hone all sorts of skills that will enhance their literacy level. Here are seven pointers from the ABC Canada Literacy Foundation.

1. Find a waterproof box that is big enough to hold everything, including items that may be added in the future.
2. Pick a few relatives to interview about your family history and record the stories they tell to put in the box.
3. Write a letter to relatives who live far away and ask them to write back and tell you funny stories about their childhoods.
4. Decorate a notebook and use it to record birth dates or the dates when family members moved to different cities or countries.
5. Find out where your grandparents or great-grandparents were born and research the places.
6. Collect special items from family events, such as wedding invitations.
7. Ask everyone to put an item into the box, along with a note explaining why he or she treasures it.

Boys 'n' Books



Research shows that many boys don't like to read or don't think they read well. That's often because they have to read books they don't really like, says Jon Scieszka on his website Guys Read (www.guysread.com). What to do? The author of boy-friendly books says you can help lead a boy to books and motivate him to read by letting him pick from all different kinds of reading material – such as nonfiction, humour, action and newspapers. – *Cheryl Embrett*



Meningococcal meningitis is a devastating bacterial infection that targets mostly children and adolescents.

Outcomes can range from full recovery to permanent disability or death. Disabilities can include hearing loss, neurological damage, limb loss and paralysis. In Canada, there are five dominant strains of meningococcal bacteria (B, A, C, Y and W-135). Four of these strains are vaccine-preventable (A, C, Y and W-135).

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12-16 YEARS

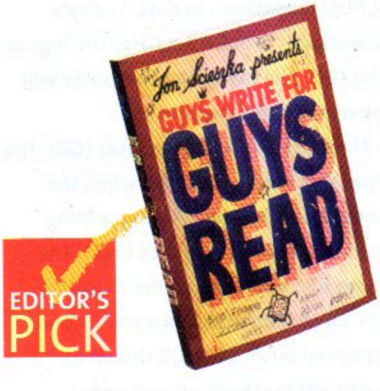
THE SITUATION: **I am divorced and my new partner lets his 19-year-old son's girlfriend sleep overnight – in the same room with him, occasionally. We all live together with my two younger boys, ages 12 and 15, and I am not sure what message this is sending to my sons.**

THE SOLUTION:

The message being sent is: "A girlfriend sleeping over in your home is OK." Your partner agrees, but how about you? How do you feel about them sleeping together in general? How do you feel about it when your younger boys are not there? It comes down to a question of morals, which differ from person to person.

If you are comfortable with the arrangement but are concerned about your sons' discomfort, explain to them that their step-brother and his girlfriend are adults, and it's not wrong for adults to sleep together this way. If you or your sons are still uncomfortable, let your partner and his son know and talk about ways that your feelings can be respected.

• **Ron Clavier** is a psychologist with a background in neuroscience and the author of *Teen Brain, Teen Mind.*



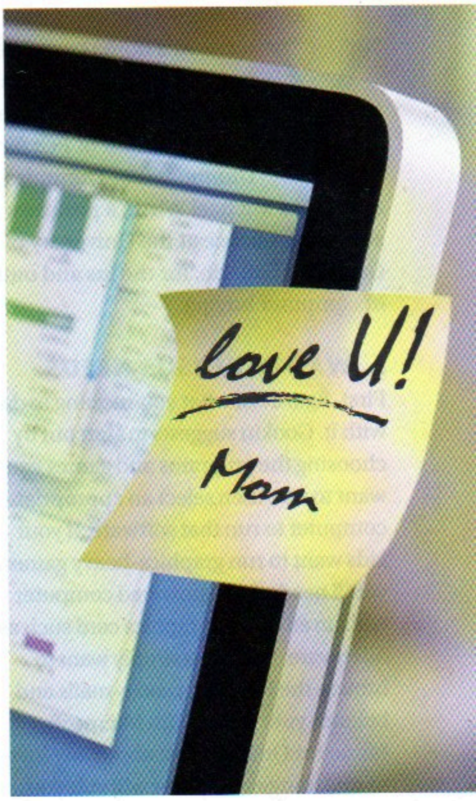
Guys Write for Guys Read (Penguin, 2008, $13) is a collection of stories, comics and short memoirs – all by, for and about guys – compiled by Jon Scieszka, the National Ambassador for Young People's Literature in the United States. **Ages 11 and up.**

BY KATHRYN DORRELL

LABOURS OF LOVE

Try out a new way of telling your tween/teen that you love him or her. Leave a "love ticket" – a note that says you care – in his or her backpack or lunch bag, or tucked in a mirror over a dresser. "People believe what they see in writing," says Julie A. Ross, author of *How to Hug a Porcupine: Negotiating the Prickly Points of the Tween Years* (McGraw-Hill, 2008). She adds that kids are more likely to remember the message delivered in this form than out loud. Here are Ross's tips for penning love tickets.

- Write them when you feel loving and give them when times are tense.
- Write them on a regular basis, such as once or twice a week.
- Short and simple is best, such as "I love you even when we argue."
- Don't criticize your teen, even with subtle comments, such as "I love you, but I wish you wouldn't play your music so loudly."



Online BOOK CLUBS

If your teen is an avid reader, joining an online book club may be a great move. Megan Last-Murray, a 17-year-old from Cochrane, Ont., started an online book club last summer. "My friends don't really like to read, so it was hard to discuss books with them," she says. She "chats" back and forth almost daily with online book buddies in Italy and California.

Before starting her own virtual book club, Megan was a frequent visitor to the Chapters/Indigo website (www.chapters.indigo.ca/books), which features more than 250 online book clubs, including teen-oriented sites such as Teenage Girl Reads. Many libraries also offer online book clubs, some through a service called www.dearreader.com.

Teens can sign up, free of charge, and receive two to three chapters of a new book each week, specially chosen for their age group.

TIP: For more information on starting a virtual book club, visit www.book-clubs-resource.com/online.

– Cheryl Embrett

PHOTOGRAPHY: COURTESY OF RON CLAVIER (TOP LEFT); MARK BURSTYN (BOTTOM LEFT); BANANASTOCK/JUPITERIMAGES UNLIMITED (TOP RIGHT)

Buying a Home Computer

BY KIM FISHER

You need a home computer, but how do you know what to buy? We turned to Dan Gookin, author of *PCs for Dummies* (For Dummies, 2007), and Michael Wirth, a professor of computer science at the University of Guelph in Ontario, for the ins and outs of computer buying.

1. WANTS VERSUS NEEDS. First, figure out what you're going to do with it. Gookin suggests to start out by choosing the programs and games you want to use, then select an appropriate computer to run that software. If your kids want to run graphics-heavy games, you'll need a high-powered computer with an advanced graphics card such as Alienware. But if you simply want to browse the Internet, send e-mails and balance your books with Microsoft Money or Quicken, just about any low- to mid-range computer will suit you. Avoid being oversold on a computer with more power and speed than you need.

2. LAPTOP OR DESKTOP. Deciding between a laptop or desktop comes down to budget and portability. Laptops are designed to be lightweight, compact and convenient, but Gookin says desktops are more expandable, so you can upgrade or add more hardware. Desktops are more affordable and practical for family use; you can get more power for the same price if the computer doesn't need to be small and portable. And it may be best if your family computer stays in one spot, says Gookin, so everyone can always access it.

3. SERVICE AND SUPPORT. Access to computer service and support is important for less experienced buyers. "If you're just starting out, or you're buying a computer for the first time in a long time, you're probably going to need help," says Gookin. Investigate smaller shops where you can call or go in for assistance when you need it. You may pay a little more, but you'll have peace of mind knowing help is around the corner. If you want a laptop, inquire about an extended warranty, says Wirth. When you're carrying around your computer, it's more prone to damage than a stationary desktop.

4. PC OR MAC. While many companies manufacture PCs, only Apple makes Macintosh computers. PCs run Windows operating system, while Macs run OS X. Both have strengths and weaknesses. There is a greater selection of programs and games for PCs, but Macs have strong graphics and video editing software, and Wirth says their operating system is easier for kids. Gookin suggests keeping your home computer consistent with what the family is used to. "If the kids use an Apple at school, then get a Macintosh at home," he says.

5. BUDGET. "My philosophy is that if I spend a little more on a better quality item, it should last me longer," says Wirth. A good computer should stick around for four to seven years, he adds. You can buy a fairly standard PC for around $1,000; you may need to spend a little more if you prefer a Mac or want to run complex software.

6. NEW OR USED. Both Gookin and Wirth shy away from secondhand machines. "Used computers have no value," says Gookin, mostly because of the rapid changes in technology. Wirth essentially agrees, saying the time and effort to make them up-to-date is rarely justifiable. You're far better off investing money into a new computer, they say. ●

HACKING THROUGH THE JARGON

Here's what you need to know in the language of computers.

- **RAM.** The computer's power to open and run programs. The more programs you want to run at a time, the more RAM you'll need. Two gigabytes (GB) of RAM is reasonable.
- **Gigahertz (GHz).** The speed of a computer's central processing unit (CPU) is measured in GHz. Today's standard is around 1.8 GHz. The higher the GHz, the faster the computer will open and run programs.
- **The hard disk and gigabytes (GB).** The hard disk stores your files when the computer is turned off – like a filing cabinet – and is measured in GB. The more files you keep on the machine, the more hard disk space you'll need. Between 80 and 120 GB should be sufficient for the average family.
- **USB ports.** These are the slots on the computer where you plug in printers, scanners, memory devices, cameras, etc. You want to be sure the computer has enough of them to connect a few of those peripherals simultaneously.

PHOTOGRAPHY, DAVE ROBERTSON/MASTERFILE

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dirty rotten Scoundrels

What do you do when your charming knight on a white horse turns out to be Satan in a tuxedo? Three women share their tragic tales.

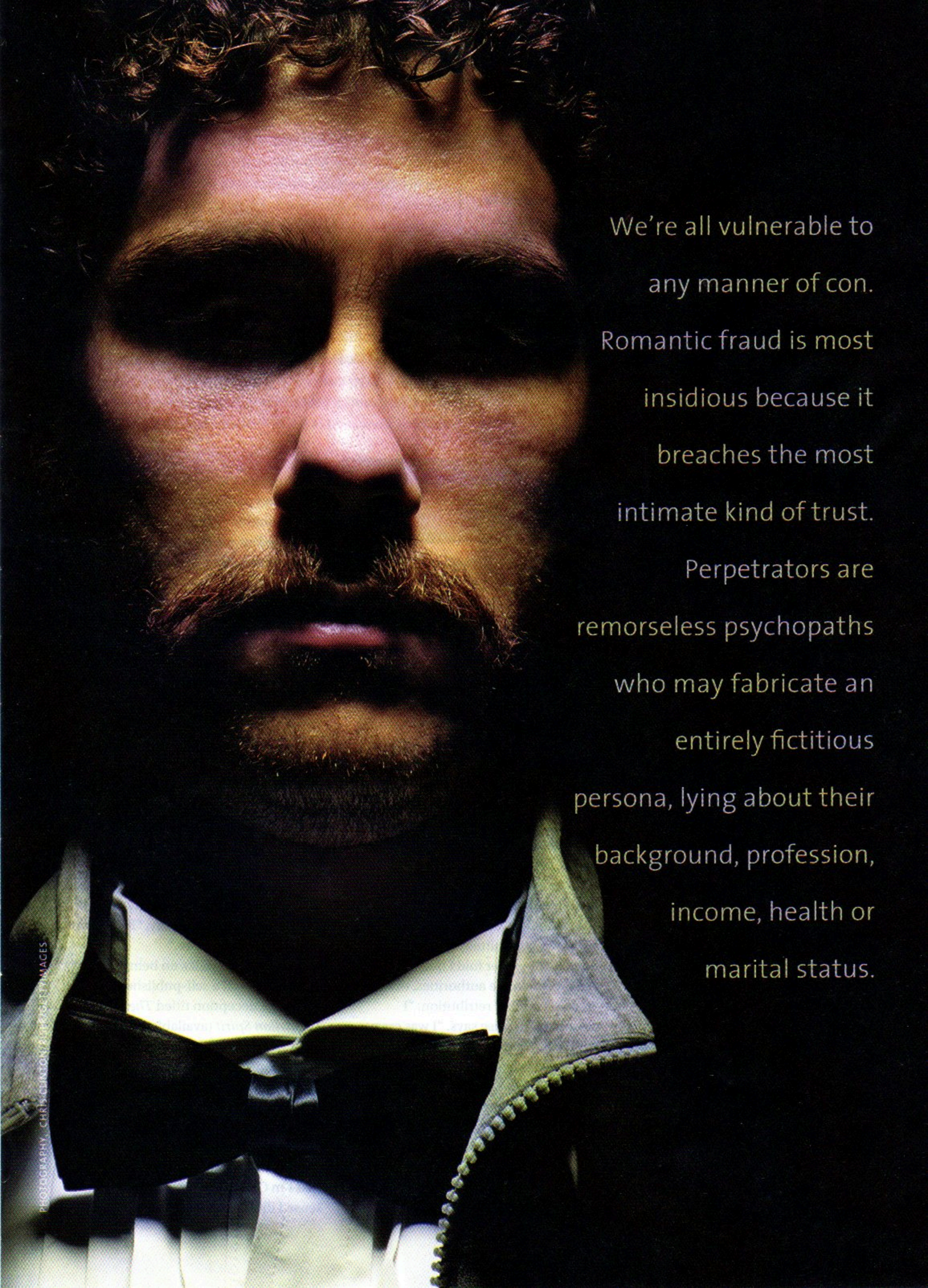
BY MARCIA KAYE

Louise Gallagher of Calgary wasn't even looking for a relationship. A 45-year-old partner in a corporate communications firm, she was a busy professional raising two teenage daughters when a charming, impeccably dressed man walked into her office and into her life. "Have we met before?" asked Louise, smiling and extending her hand to this potential new client. Locking eyes with hers, he gave a butter-smooth reply: "If we had met before, I'd never have let you go."

Louise didn't fall for the corny line. But he was compelling and magnetic nonetheless, and eventually she began a relationship with this man, who turned out to be a master of deception. Over the next four years Louise would be conned out of her home, her car, her job – the losses totalling $250,000 – and even her daughters.

At this point you are probably thinking, That could never happen to me. You're too sharp to fall prey to a man posing as a romantic partner to dupe you into sex, con you out of money or take pleasure in watching you flail helplessly in his elaborately spun web of lies – aren't you?

In truth, we're all vulnerable to any manner of con. Romantic fraud is most insidious because it breaches the most intimate kind of trust. Perpetrators are remorseless psychopaths who may fabricate an entirely fictitious persona, lying about their background, profession, income, health or ▶



We're all vulnerable to any manner of con. Romantic fraud is most insidious because it breaches the most intimate kind of trust. Perpetrators are remorseless psychopaths who may fabricate an entirely fictitious persona, lying about their background, profession, income, health or marital status.

marital status. They generally profess an all-consuming love for the ones they dupe that is entirely manufactured, leaving a trail of broken hearts and shattered lives. "Women who are conned should not be condemned or criticized," says Robert Hare, professor emeritus at the University of British Columbia, a world expert in psychopathy and a consultant to the RCMP and the FBI. "Given the right circumstances, any one of us could be in the same situation." Here, three bright, articulate, attractive women share their stories of how their dream man became a nightmare.

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Have you ever been conned? Discuss it on our forums.

REPORTING A CON

If you suspect you're being conned, end the relationship immediately. Change your locks and don't confront him. Most cons won't return for revenge, but psychologist Robert Hare, professor emeritus at the University of British Columbia and a consultant to the RCMP and the FBI, says there are exceptions and confrontation is risky.

- **Should you rat him out online? The Florida-based website www.dontdatehimgirl.com has profiles of more than 41,000 men and more than one million members, almost 20 per cent of them Canadian. A post serves to alert other women, but Hare cautions that public shaming won't reform con men.**
- **Lying about love is not a crime. But if your con man defrauds or steals from you, or even if you're not sure a crime has been committed, contact police. You can report economic crime online at www.recol.ca or call PhoneBusters at 1-888-495-8501.**

LOUISE GALLAGHER, 54, CALGARY

"I'm intelligent, well educated. I was a challenge for him to crack, which I think amused him."

Divorced for five years, Louise Gallagher thought she was too savvy to fall for a pickup artist. But Peter (not his real name) was persistent. He sent a massive bouquet of flowers to Louise's office. He gave her a beautifully framed photograph of herself at a business function. He called her twice a day. Finally she agreed to meet him for dinner. Peter, co-owner of a company that made replicas of exotic cars, oozed charisma. "He kept telling me I was so talented, so perfect," Louise says. "I pushed my intuition aside because I wanted to believe someone thought I was amazing."

Within two weeks Peter proposed. "Whoa! I'm not prepared to do that!" she replied. That's when he told her about his life-threatening heart condition. Louise was skeptical, but over the next few weeks she noticed increasing "episodes" where he seemed to be short of breath. Then one day he called in a shaky voice to say he was in a California hospital on life support.

Crying, he explained that he was part of an organized "family." Louise asked him, "You mean the Mafia?" He replied, "We don't use that word," but explained that by falling in love with her, he had broken the circle of trust. He warned that his partners were threatening to kidnap Louise's kids. Continuing the far-fetched story, he said he'd been sent three symbolic bullets – one for Louise and two for her daughters. "I didn't really believe it," Louise says. "But a small part of me was thinking, What if it's true?" There were disturbing signs: Peter called to say a bomb had been placed under her car; phone calls from three different men updating her on Peter's condition; a dead bird placed on her doorstep.

One day she learned through an acquaintance about another woman dating a man with a similar story. The two women met to compare photos: it was Peter. They went straight to the Calgary police, but because no crime had been committed, nothing could be done. Later, Peter told Louise that since she'd gone to the authorities, the "family" wanted retribution. "I crumbled," Louise says. "I was crazy with fear." Terrified for her daughters, she sent them to live with their dad. Peter said that because she'd gone to the police, Revenue Canada was now after him for back taxes. Louise started giving Peter money, thousands of dollars at a time, whenever he asked for it. He told her they would buy a house together, but instead he forged her signature on the contract to sell her home and pocketed the profits.

Eventually Peter was arrested and convicted on unrelated charges of fraud, harassment and assault. But after violating his conditional sentence, he persuaded Louise to leave the province with him. Peter took her to Maple Ridge, B.C., where they hid out for three months before the RCMP tracked him down. He served time until August 2006, when he was released. His whereabouts today aren't known.

Louise now realizes this master manipulator duped not only herself but also the other woman, at least one of the men who phoned her with updates and many of his replica-car customers. Today, Louise has resumed her career and a normal family life. She's also dating again. But her financial losses total a staggering quarter-of-a-million dollars. At least she can say, "He has no hold over me anymore."

Louise gives talks on being a victor and has written a self-published book about the deception titled *The Dandelion Spirit* (available at www.dandelionspirit.com) "because dandelions are bloody determined," she says. Of her horrific ordeal, she says, "I compromised my values right from the start in little ways, because I loved the fact he kept telling me I was perfect. But I developed the assurance that I'm OK exactly the way I am. In that sense I didn't lose anything. I gained."

EDEN BLACK, 38, MONTREAL

"I kept thinking, How could I have been duped so thoroughly for two years? But he was that good."

An aspiring actress, Eden (not her real name) was thrilled when she got a callback – from the director himself. James (not his real name) didn't exactly offer her the role, but he invited her to come on set and watch a TV taping. "He was helpful and I thought it would be great for my career," she says. His constant attentions were at first flattering, then thrilling. "Things got intense very fast, moving at lightning speed, and I went along for the ride." Within months he asked her to marry him. She happily agreed and while she didn't have a ring, she considered herself engaged.

James called her at work or at home several times a day; she had only his office number, which he rarely answered. He met her relatives and friends, but she never met his. He said he lived with his traditional European parents, who hadn't accepted his imminent divorce and weren't ready to meet his new fiancée. He often went to her apartment but never stayed over; he always claimed to have an early call on set the next morning.

Eden dismissed any suspicions because she and James saw each other at least three or four times a week. He was always solicitous, charming and passionate. They took day trips together. He showered her with gifts and charmingly written love letters. He took her grocery shopping and insisted on paying. He treated her to meals at upscale restaurants and flew her across the country to meet him at a shoot. He spent time with her parents, promising them he would always look after their daughter.

But by the second year of their relationship, Eden questioned why the divorce papers were taking so long. James blamed the lawyers. She wanted to meet his parents; he said it wasn't the right time. "He always had smooth, believable answers for everything," Eden says. "Although I questioned him, I wasn't overly suspicious because his passion for me was just so real."

When a coworker of Eden's recounted a story of another woman engaged to a similar man, her suspicions were heightened. She followed up on a suburban address her colleague gave her and saw James's car in the driveway. When she rang the doorbell, a woman answered. Eden asked for James. He came to the door, and his jaw dropped. Rushing her outside, he said desperately, "I'm sick! I didn't know what I was doing!" Eden stormed off. Later, it was confirmed that he was not only still very much married but had at least one other "fiancée."

Eden says, "His whole house of cards had come tumbling down, and I was the one who tumbled it." James showed up at her workplace, pushed her against the wall and threatened her against talking to his wife. Frightened, she hasn't spoken to him since. The experience, while eye-opening, hasn't made Eden bitter against men. "I'm still open and trusting," she says, "but I keep attuned to gut feelings and I ask a lot more questions." ▶

THE LYING GAME: HOW TO PROTECT YOURSELF AGAINST ROMANTIC FRAUD

First, acknowledge that you could be a potential target. "Who's vulnerable? Someone who thinks it can't happen to her," says sociologist Sally Caldwell, an associate professor at Texas State University and author of *Romantic Deception: The Six Signs He's Lying* (Adams Media Corp., 1999, $10.95). If you're honest, open and strive to see the best in people, you're a con's perfect victim. "Putting the responsibility on the woman is a classic case of blaming the victim. When we blame the victim, it makes us feel safe, like, 'I would have been smarter; therefore, it would never happen to me,'" says Caldwell.

Well, it can. A con game can be so persuasive that intuition alone may not provide a loud enough alert. Caldwell tells of one woman who shared her suspicions about a new beau with her family, who called her irrational and said, "Give it a rest. You deserve a good man." Psychopathy expert Robert Hare, consultant to the RCMP and FBI, advises recognizing your own weak spots, such as a desperation to be in a relationship. "Have a healthy dose of cynicism, particularly if a strong social, sexual or financial relationship is starting to develop," he says.

A romantic con can appear anywhere: at work, on vacation, online, at your place of worship. Be especially cautious of men who have no apparent connections with relatives, friends or colleagues. Says Lynn Booth, producer of the Global TV series "Very Bad Men" about con artists, "Ask yourself why these men are rolling around loose. Where are those commitments?" Watch for these other red flags:

- **The relationship takes off like a rocket.**
- **He overwhelms you with attention, eye contact, gifts and promises of adventure.**
- **He keeps you on a short leash with frequent phone calls.**
- **He meets your relatives and friends but you don't meet his.**
- **He becomes evasive or testy when questioned.**
- **Your intuition tells you that he's too good to be true.**
- **He asks for access to your financial information or credit cards.**

Women can lie, too, about everything from their age and weight to their marital status and sexual past. Some fabricate love, fake pregnancies or illnesses, or forge signatures to gain money, marriage or social position. For true stories of female and male cons, go to www.lovefraud.com.

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LIZ COLE, 45, TORONTO

"The worst part was this man deviously preyed his way into the hearts of my children."

Liz Cole was chuckling at some of the blatant hyperbole on an Internet dating website when one man's bio struck her by its very ordinariness: "slightly balding, heavyset, 50, likes cooking, music..." Liz responded to his smile icon with a smile. He responded instantly. Three days later they met for coffee, and while his appearance was exactly as he'd described, John proved to be far from ordinary.

In his charming Irish accent, John entranced Liz with his stories: he was from a long line of Irish nobility; his grandfather had been a wealthy investment banker; his father owned dozens of luxury car dealerships; he had once worked for Bill Gates; he'd been a decorated hero in the Falklands war. Liz, a mental health professional with a degree in sociology and a career providing wellness services to corporations, felt some skepticism. She says, "There was way too much excitement and things were moving too fast." But mostly she was completely swept away by the grandiosity of it all. Liz's marriage had broken up two years before, she was temporarily living in her mother's tiny house with her two adolescent daughters, and she admits, "Part of me just wanted to drift into somebody else's story line."

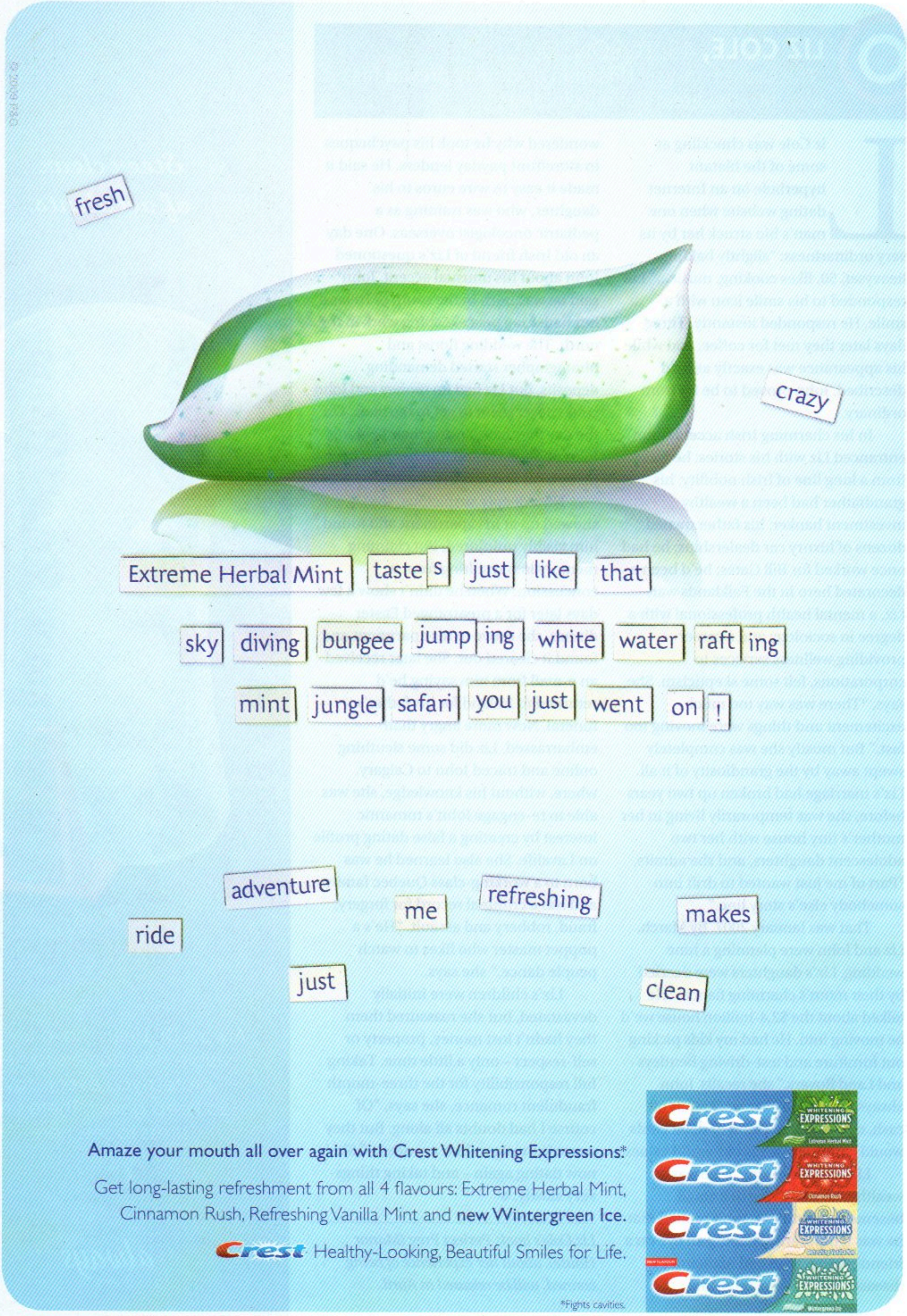
That was January 2007. By March, Liz and John were planning a June wedding. Liz's daughters were dazzled by their mom's charming fiancé. "He talked about the $2.4-million house we'd be moving into. He had my kids picking out furniture and test-driving Bentleys and Land Rovers," she recalls. John always seemed to have pocketfuls of cash, claiming that credit or debit cards would compromise his old-world values.

Liz asked him why, if he was so wealthy, he was living in a small basement apartment. John replied that he was temporarily keeping an eye on a friend's father who had Alzheimer's disease and lived upstairs. She wondered why he took his paycheques to storefront payday lenders. He said it made it easy to wire euros to his daughter, who was training as a pediatric oncologist overseas. One day an old Irish friend of Liz's questioned John about his unusual accent. John said he was born in the south of Ireland but had done peacekeeping work in the north. The wedding florist and photographer started demanding deposits, but Liz had no money and John could never seem to get to the bank. On the day they faced losing their booking, John phoned Liz and told her he'd been hit by a car and was in hospital.

Now deeply suspicious, she showed up at his apartment and found him visibly uninjured, but claiming memory loss resulting from a concussion. When he didn't show a few days later for a prearranged Easter dinner, she drove to his apartment and found it cleared out. She later received an e-mail from him saying he'd returned to Ireland for his father's funeral. Now more angry than embarrassed, Liz did some sleuthing online and traced John to Calgary, where, without his knowledge, she was able to re-engage John's romantic interest by creating a false dating profile on Lavalife. She also learned he was born to a working-class Quebec family and has a criminal record for forgery, fraud, robbery and assault. "He's a puppet master who likes to watch people dance," she says.

Liz's children were initially devastated, but she reassured them they hadn't lost money, property or self-respect – only a little time. Taking full responsibility for the three-month fraudulent romance, she says, "Of course I had doubts all along. But they weren't stronger than my needs." She's now dating again – and taking things very slowly. ●

Liz Cole's book, Perfect Prey *(Manor House), about her experience of being conned, will be released in April.*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Money Smarts

Personal finance tips and more

Call for Help!

STRUGGLING WITH YOUR FINANCES? A quick call to Credit Counselling Canada (CCC) can help. A not-for-profit organization established in 2000, CCC provides Canadians with advice on all personal financial needs, whether you have a quick question about credit card interest rates, or need help with a long-term budget to pull yourself out of debt. CCC offers over-the-phone and in-person counselling. Visit www.creditcounsellingcanada.ca to find an office near you.

– Miriam Osborne

Tax Tips FOR CANADIAN FAMILIES

Doug Morgan, a franchise owner of H&R Block Canada, offers seven tax-time tips every parent should know.

- As soon as a child is born, fill out Canada Revenue Agency Form RC66 (to download, go to www.cra-arc.gc.ca and search for "RC66") and send it in. That will register the child for eligible tax credits, such as the $100 monthly Universal Child Care Benefit, which is available for every child under the age of six and helps cover the cost of child care.
- Whatever your income, you can claim the $2,038 Child Tax Benefit for each child under 18. In 2008, this translated into about $305 in tax savings.
- The $500 nonrefundable Children's Fitness Tax Credit helps pay for programs promoting physical activity for kids under 16. There are guidelines for qualifying activities, and you will need to keep all of your receipts.
- Residents of Nova Scotia, Manitoba and the Yukon can claim an additional provincial child fitness credit for qualifying programs.
- Children under 18 with disabilities are eligible for a $1,000 fitness credit to help with the additional costs of having them participate in an activity.
- You can now contribute up to $50,000 for each child to a registered education savings plan (RESP) with no annual contribution limits.
- The Canada Education Savings Grant program makes matching payments to RESPs of up to $2,500 per year. *– M.O.*

The average cost of raising a daughter to age 18 is estimated at $166,549. The cost for a son is $166,972 (extra costs for food).

Hassle-Free Tax Returns

Sometimes you want to stay out of the spotlight, especially when it comes to the Canada Revenue Agency. Deloitte and Touche LLP, a professional services firm in Canada, compiled a list of items most likely to be questioned on tax returns. The list relates to personal income tax matters, but the requests are not specific to personal tax busy season (generally the month of April).

HERE'S THE TOP 10.

1. RRSP overcontributions
2. Carrying charges, which include interest on funds borrowed to earn investment income and investment counsel fees
3. Capital gains and losses
4. Charitable donations
5. Moving expenses
6. Insufficient or late quarterly tax instalments
7. Arrears interest on taxes owed
8. Medical expenses and disability claims
9. Tax-shelter claims
10. Unreported income

– Laurie Mackenzie

PHOTOGRAPHY: ROBERT KARPA/MASTERFILE (TOP); THINKSTOCK IMAGES/JUPITERIMAGES

Get a Fresh Start on Your Finances

Are you putting your money in the right place? Do you need to rethink your savings strategy? How about your mortgage? Here are some easy-to-follow steps to help you overhaul your finances.

BY DEENA WAISBERG

BUDGETING

SET UP A BUDGET. "A lot of people see a budget as something they are tied to; that's going to restrict their spending. It's not that way at all. It's a tool to help you make decisions," explains Lynn Biscott, president of Fernwood Consulting Group Inc., a financial education and communications company in Toronto. First determine your monthly net income. Then figure out your expenses. Determine how much you'd like to put aside for savings (RRSP contributions), and create a budget template with appropriate categories.

TRACK YOUR EXPENSES. Use financial software, such as Quicken, or free online budget templates (try www.moneyproblems.ca/household-budgeting.htm) to track your spending. Get a receipt when you pay cash for an item, so you can track it. Enter your expenses weekly so you can see when you are getting close to your limit.

TAKE IT TO THE NEXT LEVEL. Do you have a specific goal you want to reach, such as taking a vacation? Determine how much money you need, and work it into your budget as a savings item, creating a realistic time line for the goal. TIP: Putting aside just $20 a week will add up to $1,040 in a year.

SAVINGS STRATEGIES

BUILD AN EMERGENCY FUND. This isn't only for big contingencies, such as job loss, but it's also for unexpected expenses, such as a car repair. Try to accumulate three to six months of living expenses, Biscott advises, and put your money in a premium savings account that pays higher interest rates. ING Direct and President's Choice Financial are both currently at three per cent.

INCREASE YOUR SAVINGS. Open a savings account and deposit your paycheque there. Transfer what you need to live on to your chequing account and leave the rest in the savings account, where it will

PHOTOGRAPHY: (FROM TOP) PAUL CHMIELOWIEC; BANANASTOCK IMAGE/JUPITERIMAGES UNLIMITED; BRAND X PICTURES IMAGE/JUPITERIMAGES UNLIMITED

earn higher interest. When you get a raise or a larger paycheque, keep the extra in the savings account.

USE THE RIGHT ACCOUNT. Use a chequing account for day-to-day transactions and a savings account for savings. A savings account pays a higher rate of interest, and while some allow you to write cheques, they generally charge high fees to do so.

MINIMIZE ABM FEES. Banks typically charge $1.50 per transaction at the bank machine. Minimize your ABM fees by purchasing a monthly service package ($4 to $25) that includes either a set number, or an unlimited amount, of transactions. The Financial Consumer Agency of Canada has an online Banking Package Selection Tool (www.fcac-acfc.gc.ca/eng/consumers/ITools/CoB/default.asp) where you can find the best package for you.

Some packages will waive the fees if you keep a minimum balance in your account. If you're paying for transactions, take advantage of retailers – such as Wal-Mart and Loblaws – that offer cash-back upon purchase, so you can reduce your trips to the ABM. Also avoid using other institutions' ABMs because the cost per transaction can jump to $3.

CLAIM UNCLAIMED MONEY. There are about 938,000 unclaimed balances worth a total of $320 million in Canada today. When money sits dormant in an account for 10 years, it is sent to the Bank of Canada, where it's held for another 30 years if the balance is under $1,000 and for 100 years if it's over $1,000. To see if you have unclaimed money, go to the Bank of Canada website (www.bankofcanada.ca), select the Services menu and click on Unclaimed Balances, or call 1-888-891-6398. If you have money, there will be forms to fill out before you receive it.

THINK LONG TERM. Contribute your maximum to an RRSP or employer-based retirement plan. Your money will compound and grow, building up your retirement savings, and you don't have to pay tax on it until you start taking it out. If you were to contribute $1,000 a year at rate of six per cent interest a year for 20 years to an RRSP, you'd end up with $42,199.86.

CREDIT

CHECK YOUR CREDIT RATING. Banks and lenders use this rating to evaluate your credit worthiness. Contact a credit bureau (such as Equifax, www.equifax.ca) to find out your credit rating. You can get your credit report mailed to you for free or get it immediately online for a small fee. If you believe your rating is inaccurate, request an adjustment and the credit bureau will investigate your claim.

ESTABLISH YOUR OWN CREDIT. Even if you're married, each spouse should have a credit card in his or her own name to establish a credit history, Biscott advises. Divide responsibility for the utility bills for the same reason.

SWITCH TO A LOW-RATE CREDIT CARD. Change from a credit card with a high interest rate of 19 per cent to one with a low interest rate of 12 per cent. Even if the low-interest card charges an annual fee, it's still worth it. "If you're someone who never carries a balance, then get an Aeroplan card or one that will save you on gas or groceries, but if you carry a balance, even a few times a year, choose a lower-interest credit card," advises Pat Foran, author of *The Smart Canadian's Guide to Saving Money* (John Wiley and Sons, 2008, $26.99).

RENEGOTIATE YOUR CREDIT CARD INTEREST RATE. Go to www.bankrate.ca to compare different Canadian credit cards. Then contact your credit card company to negotiate a lower interest rate. You'll be in a better position if you ▶

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Improve your finances with 30 simple solutions.

5 Habits to Kick

1. Spending without a budget. Without a budget, you don't know how much to set aside to cover your fixed costs, so you may overspend and find yourself in a pinch.

2. Cash advances on your credit card. Unlike making a purchase on your credit card, when you take out a cash advance, you start paying interest right away.

3. Payday loans. Payday loan services use your paycheque as collateral to allow you to borrow money for short periods (two weeks) at astronomical interest rates – between 300 and 900 per cent (or more), according to advocacy group ACORN Canada (Association of Community Organizations for Reform Now). This traps most customers into a cycle of debt they can't pay off.

4. Getting an additional credit card when your first is at the limit. If you've maxed out your credit card and can't pay it off, call a credit counsellor such as Credit Counselling Canada (www.creditcounsellingcanada.ca) for help rather than get yourself deeper in debt with another card.

5. Treating your mortgage as a pot of money. Sometimes it makes sense to refinance your mortgage if it's a cheaper way to borrow money than a line of credit. However, Lynn Biscott, president of Fernwood Consulting Group Inc., a financial education and communications company based in Toronto, warns against frequently taking out cash. You can easily rack up more debt than you can handle and you will delay getting your mortgage paid off.

PHOTOGRAPHY, BANANA STOCK IMAGE/JUPITERIMAGES UNLIMITED

have a good credit rating (FICO score). "If you miss paying your credit card bill for two or three months, that throws up a red flag on your credit rating," Foran warns. And would the company waive the annual fee? Some may, some may not. "It never hurts to ask," Foran says.

PAY DOWN CREDIT CARD DEBT. Transfer your credit card balance to a card with lower interest. You'll immediately put yourself in a better position. For example, if you're carrying $2,000 on an 18 per cent card, you'll rack up $360 in annual interest fees. But if you transfer the $2,000 to an 11 per cent card, you'll only incur $220 in annual interest charges. Then start chipping away at your debt. TIP: Beware of cards with zero per cent introductory offers, because that rate usually expires after a short time to be replaced with a much higher one.

TAXES

DO YOUR OWN TAXES. File your own taxes if you have a straightforward tax situation. "It's not that difficult to do, and it gives you control of the process," Biscott says. Plus, you'll save on the accountant's fee. It's easy to file on your own with tax software, such as QuickTax, which walks you through the process. To help you maximize your savings, the Canada Revenue Agency has an A to Z menu of topics online (www.cra-arc.gc.ca/azindex/menu-eng.html).

FILE YOUR TAXES ON TIME. Filing on time avoids late fees. For 2007 taxes, the penalty is five per cent of your balance owing, plus one per cent of your balance owing for each full month the return is late, to a maximum of two months.

GIVE TO A CHARITY. Not only will it help to make a difference in the world, but contributing to a registered charity will also earn you a tax credit. Make sure to get an official tax receipt. The Canadian Book of Charities (www.canadian-charities.com) allows you to search for information about a charity and donate directly online.

INSURANCE

BUY LIFE INSURANCE TO PROTECT YOUR CHILDREN. "Work out the level of income you need to replace and how much capital you need to invest to produce that income," Biscott explains. Often you need a policy worth seven times your gross annual income.

DETERMINE THE BEST TYPE OF COVERAGE FOR YOU. Generally speaking, there are two different types of life insurance: term and permanent (whole life). With term, you purchase insurance for a set period of time – five, 10 or 20 years, or 100 in the case of term to 100. It's less expensive initially, but premiums increase as you get older. Also, there's no investment component; you pay only for the cost of the benefit. With permanent, you pay in every month and your premiums never change. It's more expensive, but you can cash in your policy for the money that you accumulate. So what's right for you? "It really depends on your situation, but, for many people, term insurance is often enough," Foran says. Be wary of insurance policies with low monthly premiums and no medical exams, though. "These really only pay out enough to bury you," he adds.

REDUCE YOUR DISABILITY PREMIUMS. If you work for a company, you likely already have disability insurance, but if you're self-employed, you'll need to purchase it. Reduce your monthly premiums by choosing a longer waiting period before the insurance kicks in. "Instead of having it start one month after you become disabled, choose to have it start three or six months after, and prepare to self-insure for that initial period," Biscott recommends.

GET CAR INSURANCE TAILORED TO YOUR NEEDS. Some insurance companies will be more receptive to your particular situation (the car you drive, your driving record, your location) than others. Visit the Insurance Hotline website (www.insurancehotline.com) to compare auto insurance quotes.

Foran advises against making a claim unless absolutely necessary. "If you file a claim and then get a speeding ticket, you can actually be denied coverage by your insurance company," he says. Other recommendations to minimize your rates include keeping your insurance active, taking only necessary coverage and fighting every ticket.

YOUR MORTGAGE

CHOOSE BIWEEKLY PAYMENTS. Ask for biweekly payments rather than monthly payments. With more frequent payments, you'll save thousands in interest. Take, for example, a $100,000 mortgage with a 25-year amortization and a seven per cent interest rate. Making biweekly payments, you'll pay $188,596 in total. In contrast, when you make monthly payments, you'll pay $212,038. The biweekly option saves you $23,442.

Alternately, consider shortening your amortization to 20 or 15 years. Yes, your payments will be larger, but the good news is that you'll save thousands in interest.

MAKE A LUMP SUM PAYMENT. When you negotiate your mortgage with your bank, make sure lump sum payments will be applied to the principal, says Biscott, because they aren't in all cases. Then, when possible, use a tax refund or a work bonus to make a lump sum payment. Check your mortgage documents to find out how often and how much you're allowed to pay down.

RENEGOTIATE YOUR MORTGAGE AT RENEWAL TIME. When your mortgage comes up for renewal, don't accept the first rate you're offered from the bank. Check around and get quotes from other banks and lenders, then renegotiate with your bank. ●

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home

"Any nose may ravage with impunity a rose."
– Robert Browning

131 Junk to Jewels

134 Light, Bright & Dramatic

SALMONELLA

A kitchen sink resident, has died.

Having lived a very active life spreading from floor to tabletop, Salmonella spent his last days on the kitchen sink. A streak-free shine is all that's left on the surface where Salmonella lived. He will not be missed.

windex.ca

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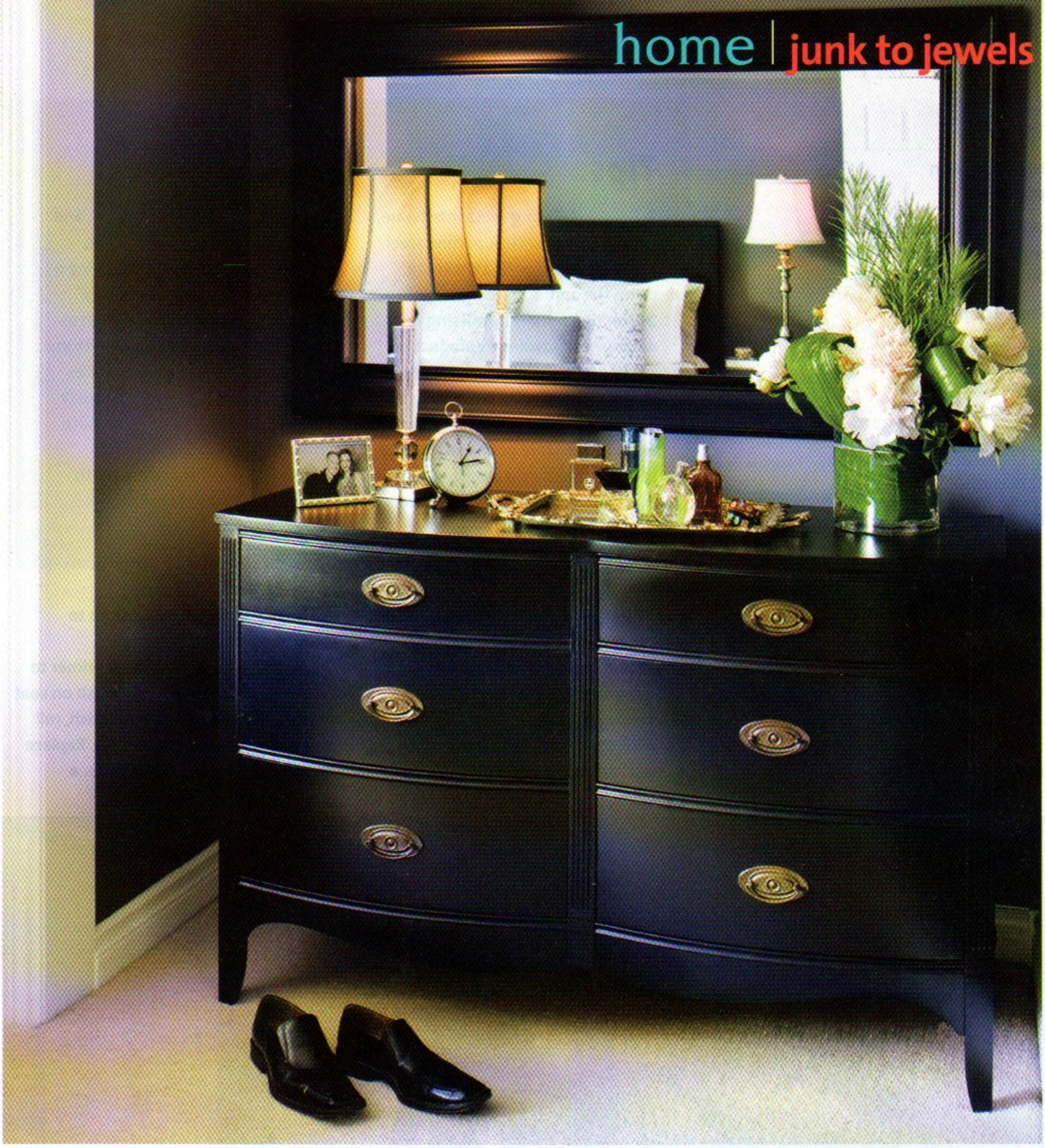

ALL DRESSED UP

BEFORE

PRODUCED BY COLIN McMURRAY

TEXT BY JO CALVERT

PHOTOGRAPHY BY BRANDON BARRÉ

Strong lines and generous storage guaranteed one dowdy dresser a second chance. After a little TLC and paint, it's bold and beautiful – and back in the bedroom. A wide mirror in a matching frame adds even more drama. ▶

SUPPLIES:

- TSP cleaner
- High-adhesion primer
- Washable interior-grade semigloss paint (we used Sico Supreme 727 alkyd)
- Paint scraper
- Paintbrushes
- Small sponge roller and tray
- Superfine 0000 steel wool
- Tack cloth
- Clean, lint-free rags

Tips

- Before replacing metal hardware, gently clean it with superfine steel wool, then buff with a clean rag, using the appropriate metal polish.
- Don't be put off by missing or damaged hardware. Reproduction knobs and pulls are available, and, if you're missing only one or two items, you might get lucky and find a match at a salvage store or online site that sells antique hardware.
- Look for smooth-sliding drawers with sturdy sides and bottoms, and strong joints at the front edges.
- Many dressers were built using a cheaper, unfinished "secondary" wood for the hidden parts, such as the drawer backs, sides and bottoms. Basswood was a common choice; unfortunately, it develops a musty smell as it ages. You can eliminate this odour by sealing all of the unfinished interior surfaces with one or two coats of shellac.

INSTRUCTIONS:

NOTE: When using TSP, wear rubber gloves and eye protection.

1 Remove drawer knobs, handles and/or drop pulls; set aside. With paint scraper, gently remove any loose paint or varnish. With TSP and damp cloth, wash exterior of dresser, including edges of drawer fronts, to remove old wax, grease and dirt, following manufacturer's instructions. Rinse thoroughly with clean water; let dry.

2 With steel wool, lightly rub down washed areas in direction of wood grain; rub down with tack cloth to remove any residue.

3 With brush, apply coat of primer to prepared areas; let dry. Brush on coat of paint; let dry. For smooth finish, roll on second coat of paint; let dry. Replace drawer knobs and/or drop pulls. ●

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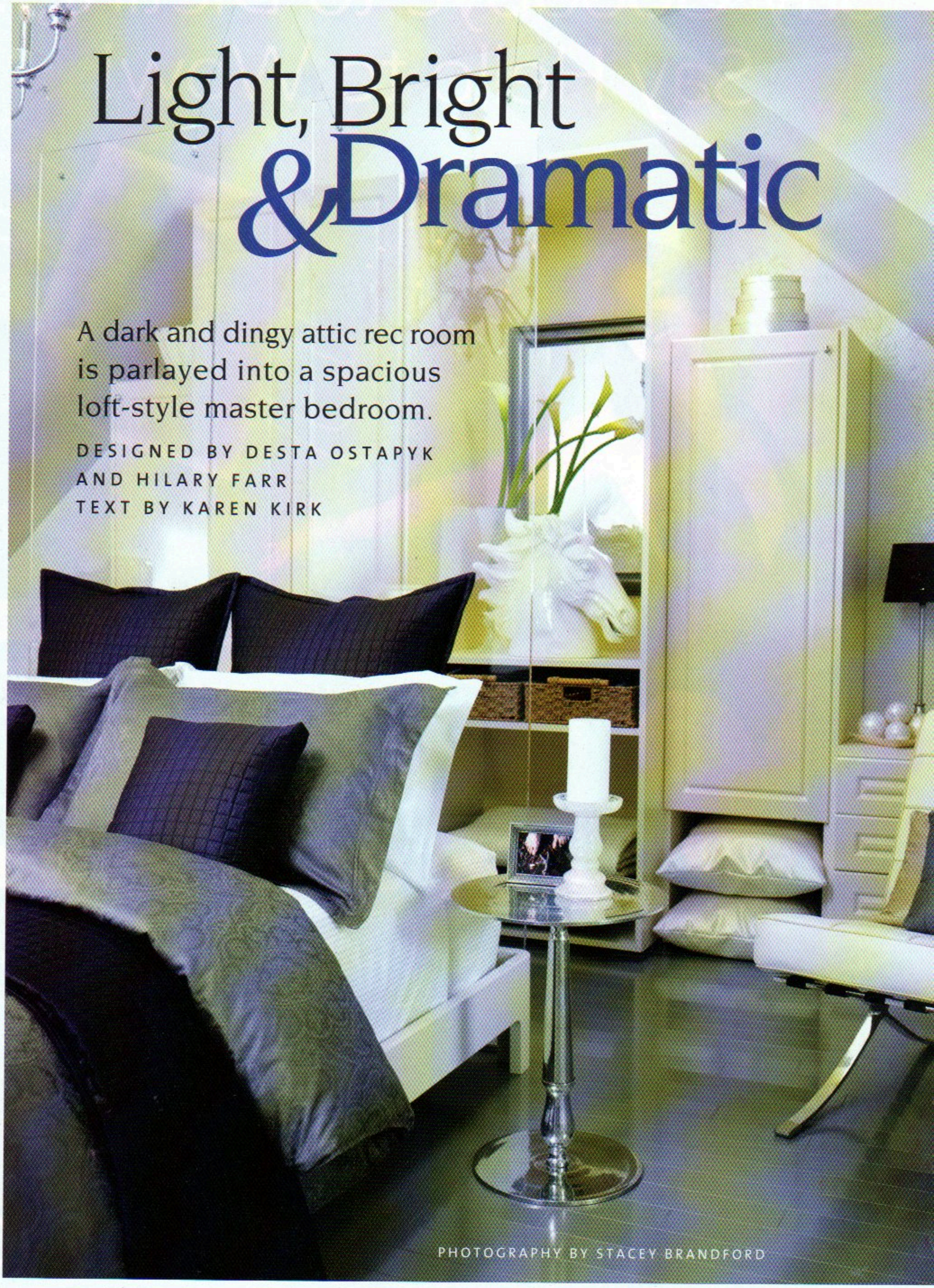


Light, Bright & Dramatic

A dark and dingy attic rec room is parlayed into a spacious loft-style master bedroom.

DESIGNED BY DESTA OSTAPYK AND HILARY FARR
TEXT BY KAREN KIRK

PHOTOGRAPHY BY STACEY BRANDFORD

A SEDUCTIVE AND VERY PRIVATE SPACE is what Jay Doudelet (a.k.a. Mad Dog of the "Mad Dog and Billie" Virgin radio breakfast show in Toronto) got when he and his wife, Shari, left the redesign of their three-storey Victorian home to the designers on WNetwork's "Love It or List It." Here's how Desta Ostapyk and Hilary Farr created a sophisticated, serene space filled with hints of gentle colour, energizing light and laid-back furnishings – and how you can get the look for less.

The worn carpet was replaced with an engineered wood floor in a slick high-gloss, silver-grey finish. The hint of colour in the easy-to-clean flooring warms the space.

Picking up on the floor colour, the walls and the angled ceiling are painted light grey. "This monochromatic colour scheme helps the walls and ceiling recede visually, for a light and airy look," says Ostapyk.

Easy-clean low-profile white leather Barcelona chairs are comfy for reading or watching TV, and can easily be warmed up with colourful cushions and throws.

BEFORE

DESIGNERS' TIPS:

- Jay Doudelet is an early riser. To help him avoid disturbing his wife at 4 a.m., lights were put on dimmer switches, which also save energy and can be used to create ambience.
- Before you toss out old kitchen cabinets, consider recycling and reusing them in another room such as a laundry room, garage or bedroom. "You can save a lot of money," says Farr.
- For small, awkward spaces, stick to a single paint colour and infuse colour, texture and pattern with accessories. Plants and other natural materials offer fresh appeal.

canadianliving.com/february

View the bedroom makeover video from WNetwork's "Love It or List It."

Unsightly track lighting was removed and replaced with an elegant, tiered chandelier in clear glass, which sparkles when it catches the light.

Two clear acrylic rectangular panels, hung from the ceiling and anchored to the floor with industrial-strength steel wire, make a clever, unobtrusive room divider for the small space. Without affecting the airy and open esthetic of the room, they also double as an invisible "headboard" for the floating bed.

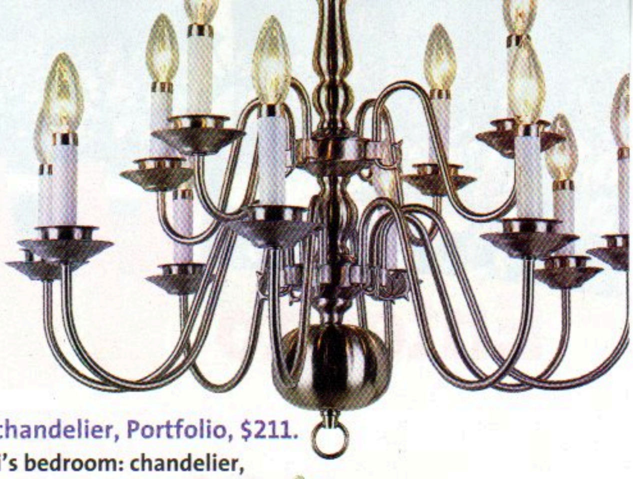
Brushed nickel table lamps with black shades softly illuminate dark corners; a silver gooseneck floor lamp arcs over the bed for nighttime reading.

Angled ceilings and short walls restricted space for building closets, so storage was created by reconfiguring the built-in units from the original main-floor bedroom.

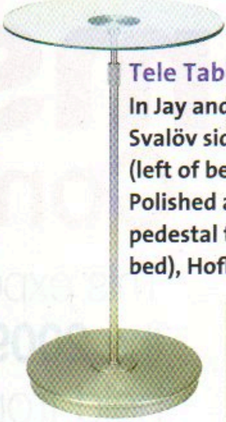
A low-profile, queen-size platform bed floats in the centre of the room, freeing up wall space for the wardrobe and cabinets behind the bed. Luxurious bed linens, an all-natural wool-filled duvet and mattress topper, and a latex mattress dress the bed.

get the look FOR LESS

Ostapyk and Farr show you how to get this great look for less in your home.



Twelve-light chandelier, Portfolio, $211.
In Jay and Shari's bedroom: chandelier, Union Lighting and Furnishings, $510.



Tele Table, Umbra, $63.
In Jay and Shari's bedroom: Svalöv side table in white (left of bed), Ikea, $99. Polished aluminum pedestal table (right of bed), Hofland, $150.

Husvik lamp, Ikea, $90.
In Jay and Shari's bedroom: Structube floor lamp (no longer available).

Pax two-door wardrobe in white, $360; Vinstra six-drawer dresser in white, $500. Both Ikea.
In Jay and Shari's bedroom: custom cabinetry, Organized Interiors, approx. $10,000.

FOR SHOPPING INFORMATION, SEE PAGE 148

Yves white leather armchair, Structube, $400.
In Jay and Shari's bedroom: white leather Barcelona chairs, G.H. Johnson's Trading Company, $495 each.

Alfred Sung Home Holiday Bedding Collection, $320.
In Jay and Shari's bedroom: Revelle Savoy Collection, $1,825.50. Natura Organic Smart Wool duvet, pillows and mattress topper, $1,437.50.

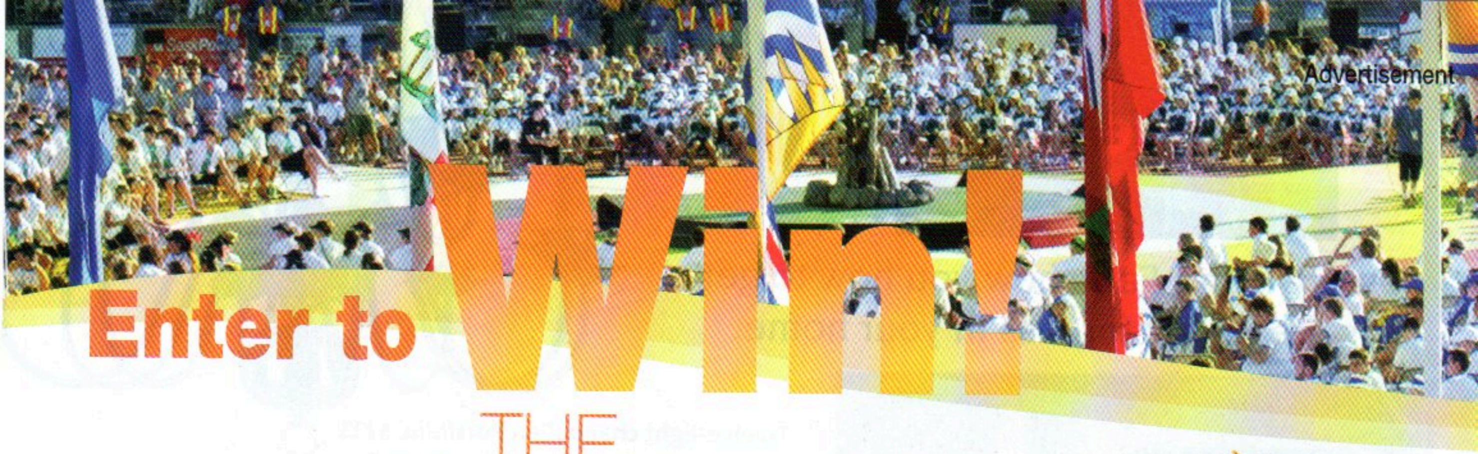
Solid laminate plank flooring in 477 Chromatic, Abet Inc., $5.25 per square foot.
In Jay and Shari's bedroom: wood flooring in 1969 Maple High Gloss, PG Model, $9.95 per square foot.

DESIGNERS' GREEN TIP:

Go green in the bedroom and create a healthier sleep environment with all-natural Canadian-made bedding, such as the Natura Organic Smart Wool duvet, mattress topper and pillows, and a latex mattress.

PHOTOGRAPHY, PAUL CHMIELOWIEC (BEDDING AND FLOOR SAMPLES)

Advertisement



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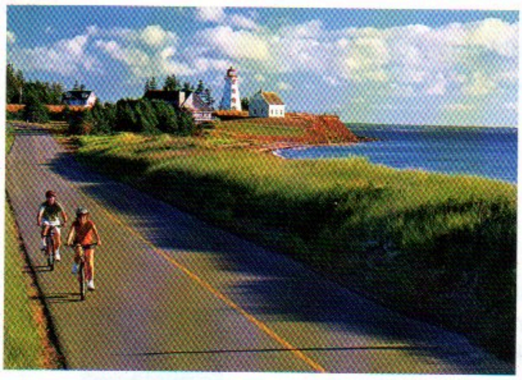
THE Share In Their Dreams Contest

—JEUX DU— CANADA —GAMES—



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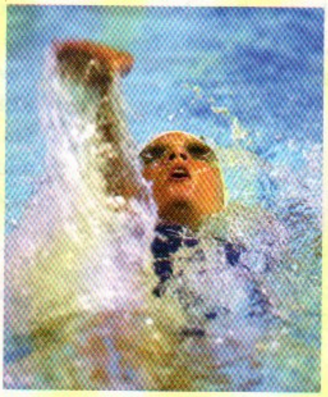
We'd like you to experience the thrill of watching Canada's best young athletes give it their all this summer at the 2009 Canada Games. Join us as we help inspire dreams and build champions!

Enter the contest at canadagamescontest.ca

Inspiring Dreams and Building Champions

The pinnacle of national competition, the Canada Games are held every two years, alternating between summer and winter Games. The Canada Games have represented the highest level of national multi-sport competition for developing Canadian athletes for more than 40 years. The objective of the Games is to strengthen sport development and target the next generation of Canadian champions!



Spotlight on Athletes

The 2009 Canada Games will host over 3,000 athletes competing in a myriad of team and individual events. An important goal of the Games is to inspire Canada's youth to participate in sport and physical activity – and to build champions by providing the programs, tools and support that young athletes need to succeed at higher levels. Find out more at www.2009canadagames.ca.

PHOTOGRAPHY: CANADA GAMES ; TOURISM PEI BY JOHN SYLVESTER

—JEUX DU— CANADA —GAMES— | Prince Edward Island CANADA | Columbia | DELTA PRINCE EDWARD | Transcontinental

Cosy Collar

DESIGNED BY JANET CLARK
TEXT BY JO CALVERT
PHOTOGRAPHY BY ALVARO GOVEIA

One of the hottest accessories this winter, a slouchy cowl collar is also one of the warmest to wear. Easy enough for a beginner to knit, our cowl is this season's favourite grey, but the soft undyed yarn comes in a range of five shades naturally produced by the sheep (find a colour card and your nearest retailer at www.diamondyarn.com).

Finished cowl is 45.5 cm (18 ins) high.

One-size cowl is worked in ribbing throughout. Standard abbreviations are used. Recommended for beginners.

YOU NEED:

8 balls (50 g) Sirdar Eco Wool DK pure wool yarn, No. 204 Flint

One 4 mm circular needle, 60 cm long, OR whichever needle you require to produce the tension given below

Tapestry needle

TENSION:

22 sts and 28 rows = 10 cm (4 ins) in stocking stitch. Work to exact tension with specified yarn to obtain satisfactory results. TO SAVE TIME, TAKE TIME TO CHECK TENSION.

TO MAKE:

Cast on 300 sts; join in rnd.
Work [k2, p2] ribbing until cowl from beg measures 45.5 cm (18 ins); cast off in rib.
With tapestry needle, weave in ends. ●

STYLING, JULIA MCEWEN. HAIR AND MAKEUP, HANOCH

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Make Your Own Mukluks

DESIGNED BY ROBIN MELANSON

PHOTOGRAPHY BY CAROL KAPLAN

THESE FELTED MUKLUKS for women are a fusion of Inuit-style footwear and embellishments – colourful embroidery and tassels – that are characteristic of Norwegian folk costumes. Pull them on for cosy feet indoors, or sew on suede or leather soles and wear the warmth outside. ►

Women's Mukluks

Mukluks are worked in the round. The pattern is written for women's shoe size 5; larger sizes follow in brackets. If there is only one figure, it applies to all sizes. Standard abbreviations are used. Recommended for experienced knitters.

SIZES

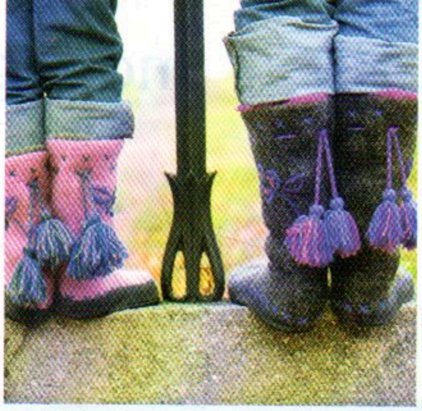
23(23.5,24,25,25.5,26)cm/9(9¼,9½,9¾, 10,10¼)ins foot length, corresponding to women's shoe sizes 5(6,7,8,9,10).

YOU NEED:

- 3 skeins (113 g) Brown Sheep Lamb's Pride worsted-weight 85 per cent wool/15 per cent mohair yarn, Main Colour (MC) No. M06 Deep Charcoal
- 1 ball (50 g) each Brown Sheep Nature Spun sport-weight pure wool yarn, Contrast Colour 1 (CC1) No. 110 Blueberry; Contrast Colour 2 (CC2) No. 207 Alpine Violet; Contrast Colour 3 (CC3) No. N65 Sapphire; and Contrast Colour 4 (CC4) No. 205 Regal Purple (find a list of retailers at www.brownsheep.com)
- Set of five 5 mm double-pointed needles (DPN) OR whichever needles you require to produce the tension given below
- One long 10 mm (or larger) needle
- 9 cm/3½ ins square of sturdy corrugated cardboard
- Stitch markers
- Stitch holder
- Tapestry needle
- Darning or embroidery needle
- 1 pair of slipper soles (available online from www.fibertrends.com; click on Other Products) sized to fit (optional)
- Sewing needle and sturdy thread to match soles (optional)

TENSION:

18 sts and 24 rows = 10 cm/4 ins *before felting* in stocking stitch worked in round using MC and DPN; 18 sts and 28 rows = 10 cm/4 ins *after felting.* Work to exact tension with specified yarn to obtain satisfactory results. TO SAVE TIME, TAKE TIME TO CHECK TENSION.



TO MAKE:

With MC and DPN, cast on 70 sts. Place marker and, being careful not to twist sts, join in rnd, dividing sts as evenly as possible between 3 DPN.

TO SHAPE LEG:

Moving marker up as you complete each rnd, [purl 1 rnd, knit 1 rnd] 6 times.
Next rnd: Purl.
Next 2 rnds: Knit. Work from beg measures 4.5 cm/1¾ ins.
Eyelet rnd: K2, [yo, k2tog, k4] to last 2 sts, yo, k2tog.
Next 4 rnds: Knit.
***Dec rnd:** Ssk, knit to last 2 sts, k2tog.
Next 7 rnds: Knit.
Rep from * 6 times more, then rep dec rnd once more. 54 sts now on needles.
Next rnd: Knit to last 14 sts, slip last 14 sts onto new DPN, move marker, slip first 14 sts of next rnd onto same DPN for heel (28 sts now on needle), leaving rem 26 sts on separate DPN for instep.

TO SHAPE HEEL:

Work garter st (knit every row) back and forth on 28 heel sts until heel from beg measures 4.5 cm/1¾ ins, ending with *right* side facing for next row.

TO TURN HEEL:

Work short rows as foll:
Row 1 (*right* side)**:** Knit to last 9 sts, ssk, wrap next st, *turn.*
Row 2: Knit to last 9 sts, k2tog, wrap next st, *turn* (each wrapped st is 7th st in from one end), *turn.*
****Row 3:** Knit to st before previous wrapped st, ssk (wrapped st tog with st before it), wrap next st, *turn.*
Row 4: Knit to st before previous wrapped st, k2tog (wrapped st tog with st before it), wrap next st, *turn.*
Next: Rep from ** 5 times more (last wrapped st is edge st at each side).
Row 15: Knit to last 2 sts, ssk (last wrapped st tog with st before it), *turn.*
Row 16: Knit to last 2 sts, k2tog (last wrapped st tog with st before it), *turn,* thus ending with *right* side facing for next row. 12 sts now on needle.

TO SHAPE GUSSET:

Rnd 1 (*right* side)**:** Knit first 6 heel sts, place marker (rnds now beg at heel centre), k6 rem heel sts, pick up and knit 11 sts along selvage of heel, knit across 26 instep sts, pick up and knit 11 sts along rem selvage of heel, and knit first 6 heel sts, ending at marker. 60 sts now on needles. Divide sts: 18 sts on first needle, 24 sts (for instep) on second needle and 18 sts on third needle.
*****Rnd 2:** Knit to last 2 sts on first needle, k2tog, k24 across instep, ssk (first 2 sts on third needle) and knit to end of rnd. 58 sts now on needles.
Rnd 3: Knit.
Rep from *** 6 times more. 46 sts now on needles.

TO SHAPE FOOT:

Work 29(31,33,35,37,39) rnds even in St st. Foot measures 12.5(13.5,14.5,15,16, 17)cm/5(5¼,5¾,6,6¼,6¾)ins from last dec rnd of gusset.

TO BEGIN TOE:

Rnd 1: K8, k2tog, place marker, k3, place marker, ssk, k16, k2tog, place marker, k3, place marker, ssk and k8. 42 sts now on needles.
Rnds 2 and 3: Knit.
Rnd 4: K7, k2tog, k3, ssk, k14, k2tog, k3, ssk, k7. 38 sts now on needles.
Rnd 5: Knit.
Rnd 6: K6, k2tog, k3, ssk, k12, k2tog, k3, ssk, k6. 34 sts now on needles.
Rnd 7: K5, k2tog, k3, ssk, k10, k2tog, k3, ssk (5 sts rem unworked; do not knit). 30 sts now on needles.
Slip 5 unworked sts from end of last rnd and first 5 sts of next rnd onto one DPN for sole, slip 5 sts at each end onto separate DPN for foot sides, slip rem 10 sts onto st holder for top (yarn end now at beg of needle with sts for sole).

TO FINISH TOE:

Work back and forth on 10 sts for sole, joining to foot sides, as foll:

Row 1 (*right* side)**:** Knit to last st on needle, ssk last st tog with 1 st from side, *turn.*
Row 2: Purl to last st on needle, p2tog (last st with first st from side), *turn.*
Rep last 2 rows 4 times more to incorporate all side sts. 10 sts now on sole needle; slip 10 top sts onto separate DPN. Thread yarn end through tapestry needle, then, holding DPNs together, graft tog sts for top and sole across toe; fasten off and weave in ends.

TO FELT:

Note: Felted fabric will be smooth and firm, and stitches will not be visible. Machine wash in hot wash/cold rinse, adding soap and towel or pair of jeans for friction; check often during cycle, and remove mukluks when desired size. OR fill one side of double laundry tub with hot soapy water and the other with cold water and ice cubes; wearing rubber gloves, alternately agitate and rub mukluks in hot water, then plunge into ice water, and remove mukluks when desired size. Rinse thoroughly, then stuff with small towels to shape. With long knitting needle, poke open eyelet holes. Let dry.

TWISTED CORD (MAKE 2)

Cut one 275 cm/108¼ ins strand each from CC2, CC3 and CC4; hold strands tog and loop midpoint over doorknob to anchor. Holding each group of 3 strands in one hand, tightly twist each group, separately, until it begins to kink. Bring together in one hand and allow groups to twist around each other counterclockwise; between thumb and fingers, smooth tog down length. Knot cut ends tog; slip cord off doorknob.

TASSEL (MAKE 4)

Wind CC2, CC3 and CC4, one colour at a time, 17 times each, up and down around cardboard; thread tapestry needle with short length of yarn and slip under all strands at top edge, then knot to create tassel "head." Approx 13 mm (½ in) down, tightly wind yarn ends around strands and knot. Cut loops at tassel bottom, trimming even.

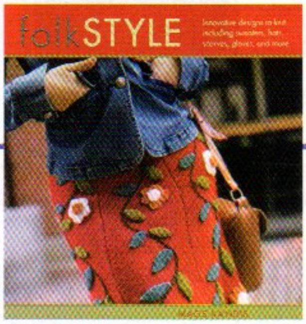
Beg and ending at centre back, thread twisted cord in and out through eyelets around one mukluk, then, with ends even, loosely tie close to back. With tapestry needle, thread each cord end through top of one tassel; at desired cord length, tie large knot to secure tassel, then trim cord.

With darning needle and CC3, cross-stitch at 3 to 4 cm (1¼ to 1½ ins) intervals around each cuff. Flipping motif for right and left mukluks, stitch flower as shown in photo (page 141), 4 cm (1½ ins) down from cord on outside of each leg. With CC1, work French knots for flower centre. With CC2, satin-stitch inner petals; with CC3, satin-stitch outer petals. With CC4, satin-stitch leaves and stem-stitch stems.

If adding soles: With sewing needle and thread, blanket-stitch each sole in place; with darning needle and CC3, cross-stitch along top edge. ●

Designer's Tip

To make pink mukluks shown, use No. M102 Orchid Thistle for MC; No. 205 Regal Purple (CC1); No. 880 Charcoal (CC2); No. 110 Blueberry (CC3); and No. N65 Sapphire (CC4).



Adapted from *FolkStyle: Innovative Designs to Knit Including Sweaters, Hats, Scarves, Gloves and More* (Interweave Press, 2007, softcover, $31.95) by Mags Kandis.

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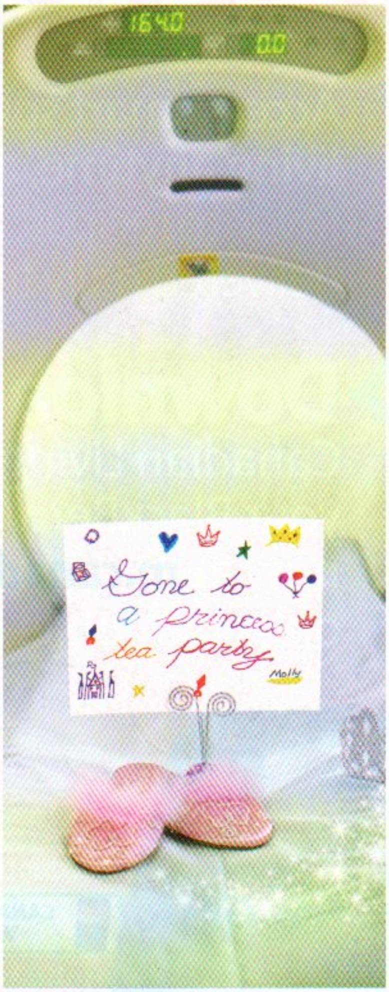

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Hearts-and-Tulips Valentine

DESIGNED BY JASMIN HOFER AND NELLY HOFER

TEXT BY JO CALVERT

PHOTOGRAPHY BY MARK BURSTYN

Create a clever card for your valentine with paper scraps, glue and *Scherenschnitte* (a combination of the German words for scissors – *Scheren* – and cut – *Schnitt*). Nelly Hofer and her husband, Ernst, brought their love for this traditional craft from Switzerland to Canada when they settled here, and their daughter Jasmin was wielding her own pair of scissors before she got to kindergarten. Now in her mid-20s, Jasmin still finds Scherenschnitte "a lot of fun – especially on winter days."

YOU NEED:

For large card

Scrap of white, ivory or black card stock, 23 x 11 cm (9 x 4⅜ in)

Scrap of red paper, 11 x 10 cm (4⅜ x 4 in)

Scrap of tracing paper, 10 x 5.5 cm (4 x 2⅛ in)

For small card

Scrap of white, ivory or black card stock, 14 x 6.5 cm (5½ x 2½ in)

Scrap of red paper, 6 x 5 cm (2⅜ x 2 in)

Scrap of tracing paper, 5 x 3 cm (2 x 1⅛ in)

For both

HB (soft-lead) pencil

Small scissors

Tape

Glue stick

▶

Designers' Tips

- The larger heart is designed for kids about eight years old and up; the smaller, simpler version is easier for younger children.
- Black paper is usually used for the cutouts in this folk art, but you can use any coloured paper, gift wrap, magazine pictures or digital photos from your computer printer, instead.
- You can reuse the tracing-paper pattern several times.
- Don't forget to write a special message or poem in your card!

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to play and to play.
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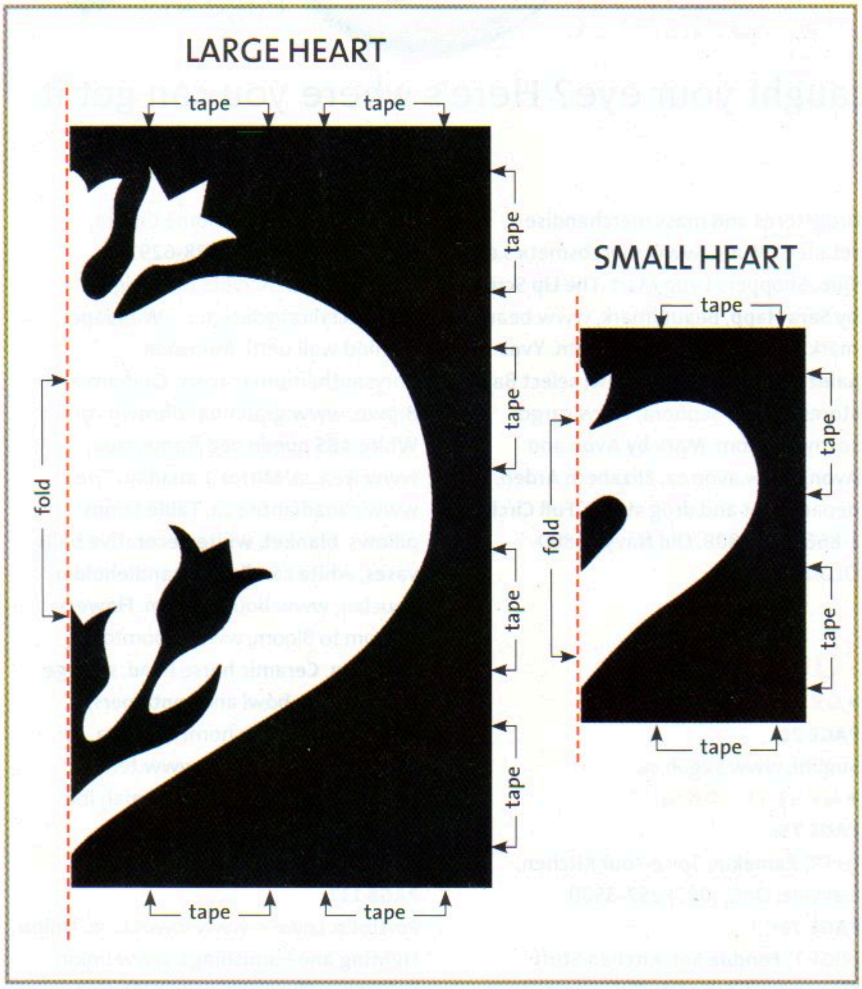


TO MAKE:

1 Fold card stock in half so short edges are even; set card aside.

2 Fold red paper in half so right sides are together and short edges are even. With small pieces of tape, fasten open edges together where marked on motifs (to prevent paper layers from slipping when you're cutting).

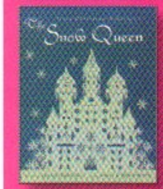
3 Lay tracing paper on motif; with pencil, trace. Turn over and place on red paper, so folds and edges are even. Pressing firmly, retrace motif to transfer lines onto red paper.

4 Cut red paper along lines inside heart, first, then cut along remaining lines (black areas shown on original motifs are discarded).

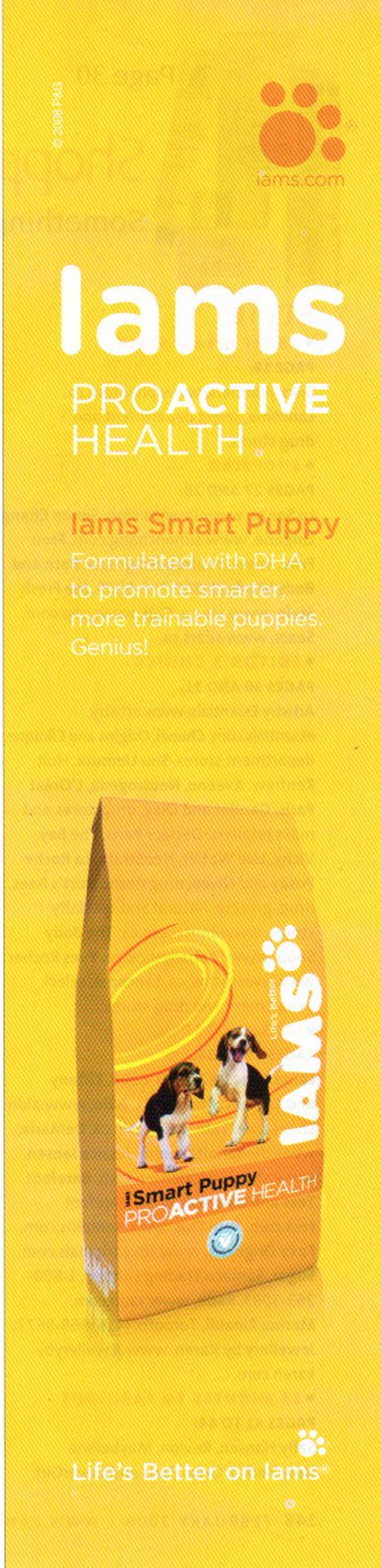
5 Carefully open out heart. On wrong side, dab with glue. Centre, glue side down, on card front and press to adhere. •

Read the stories and see the intricate Scherenschnitte of Ernst and Nelly Hofer in these classic tales retold by Ken Setterington.

- ***Clever Katarina*** (Tundra, 2006, $22.99)
- ***Hans Christian Andersen's The Snow Queen*** (Tundra, 2000, $21.99)



And find two more patterns for Scherenschnitte at www.tundrabooks.com/teacher_resources/activity/activity_schnitt.



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Shopping Basket

Page 41

Something caught your eye? Here's where you can get it.

style

• GREAT IDEAS: STYLE

PAGE 18:
Silks Warmers, www.phantom.ca. **Lancôme**, select department and drug stores.

• SHOPPING

PAGES 27 AND 28:
La Senza, www.lasenza.com. **Simon Chang Lingerie**, www.simonchang.com. **Frou Frou**, www.froufroudesigns.ca. **Bath and Body Works**, 1-800-756-5005. **Joe Fresh Style**, www.joe.ca. **Gap**, www.gap.com. **Sears**, www.sears.ca.

• EDITOR'S CHOICE

PAGES 30 AND 31:
Artistry Essentials, www.artistry essentials.com. **Chanel**, **Origins** and **Clinique**, department stores. **Shu Uemura**, Holt Renfrew. **Aveeno**, **Neutrogena**, **L'Oréal Paris**, **Garnier** and **Olay**, drugstores and mass retailers. **Decléor Paris**, The Bay. **Vichy**, **Lise Watier**, **NeoStrata**, **La Roche-Posay** and **Nivea**, drugstores. **Burt's Bees**, drug, grocery, natural and specialty stores; www.burtsbees.ca. **The Body Shop**, www.thebodyshop.ca. **Yves Rocher**, www.yvesrocher.ca. **Lancôme**, select department and drug stores.

• WE LOVE RED

PAGES 33 TO 36:
Laura Plus, 1-877-973-6090. **Tiffany and Co.**, www.tiffany.ca. **Aldo**, www.aldo shoes.com. **Tabi**, www.tabi.ca. **DeMaria**, www.demariaitaly.com. **Jessica Jensen**, www.shopjessicajensen.com. **Barefoot Tess** and **Blowfish**, www.barefoot tess.com. **Toni Plus**, www.toniplus.com. **Foxy Originals**, www.foxyoriginals.com. **Sugar**, Samaco Trading Limited, 1-800-263-3093. **Rado**, www.rado.com. **Marina Rinaldi**, Toronto, (416) 969-9677. **Jewellery by Karen**, www.jewelleryby karen.com.

• 15 MINUTES TO FABULOUS

PAGES 41 TO 44:
Sally Hansen, **Revlon**, **Maybelline New York**, **L'Oréal Paris** and **CoverGirl**, drugstores and mass merchandise retailers. **M.A.C**, www.maccosmetics.com. **Quo**, Shoppers Drug Mart. **The Lip Scrub by Sara Happ**, Beautymark, www.beauty mark.ca; www.thelipscrub.com. **Yves Saint Laurent**, Holt Renfrew; select Bay stores. **Cargo**, Sephora; www.cargo cosmetics.com. **Mark by Avon** and **Avon**, www.avon.ca. **Elizabeth Arden**, department and drug stores. **Full Circle**, 1-866-240-2808. **Old Navy**, 1-800-OLD-NAVY.

food

• GREAT IDEAS: FOOD

PAGE 22:
Sugah!, www.sugah.ca.

• MAKE IT TONIGHT

PAGE 75:
(LEFT) **Ramekin**, Spice Your Kitchen, Oakville, Ont., (905) 257-3500.

PAGE 76:
(RIGHT) **Fondue Set**, Kitchen Stuff Plus, www.kitchenstuffplus.com.

• SPREADS WITH APPEAL

PAGE 79:
Linen Napkin, Homefront, Toronto, (416) 488-3189.

• CHINESE NEW YEAR MENU

PAGE 90:
Bowls and **platters**, "Thomas Loft," Waterford Wedgwood, 1-800-668-7585.

PAGE 95:
Wood tray, The Bay, www.hbc.com. **Square bowls**, "Thomas Loft," Waterford Wedgwood, 1-800-668-7585. **Dress**, The Bay, www.hbc.com.

home

• LIGHT, BRIGHT & DRAMATIC

PAGES 134 TO 136:
Bedroom designed by Desta Ostapyk and host/design consultant Hilary Farr for WNetwork's "Love It or List It," www.wnetwork.com. **Paint**, Behr Full Moon, www.behr.com. **Construction materials**, Millwork Home Centre, Oshawa, Ont., (905) 728-6291. **Acrylic panels**, Acrylics by Design, www.acrylicsbydesign.ca. **Wallpaper** (behind wall unit), Monsoon Chrysanthemum in Ivory, Graham and Brown, www.grahamandbrown.com. **White ABS queen bed frame**, Ikea, www.ikea.ca. **Mirror**, Canadian Tire, www.canadiantire.ca. **Table lamps**, **pillows**, **blanket**, **white decorative balls**, **vases**, **white candle** and **candleholder**, Bouclair, www.bouclair.com. **Flowers**, A Room to Bloom, www.aroomto bloom.ca. **Ceramic horse head**, **storage boxes**, **white bowl** and **containers**, HomeSense, www.homesense.ca. **Throw**, Te-Ri Products, www.teri products.com. **Round tin**, Rumah Inc., www.rumah-inc.com.

• GET THE LOOK FOR LESS

PAGE 137:
Portfolio, Lowe's, www.lowes.com. **Union Lighting and Furnishings**, www.union lightingandfurnishings.com. **Umbra**, www.umbra.ca. **Ikea**, www.ikea.ca. **Hofland**, www.hofland.com. **Organized Interiors**, www.organizedinteriors.ca. **Structube**, www.structube.com. **G.H. Johnson's Trading Company, Ltd.**, Toronto, (416) 532-6700. **Alfred Sung Home**, www.zellers.com. **Revelle Savoy Collection**, www.revelle.ca. **Natura**, www.naturaworld.com. **Abet Inc.**, www.abetlaminati.com. **PG Model Hardwood Inc.**, www.pgmodel.com.

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NOUVEAU AU CANADA

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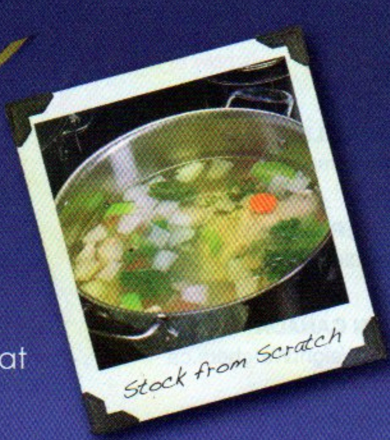

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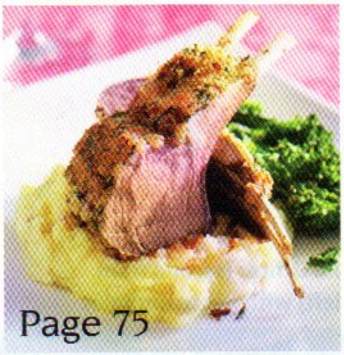
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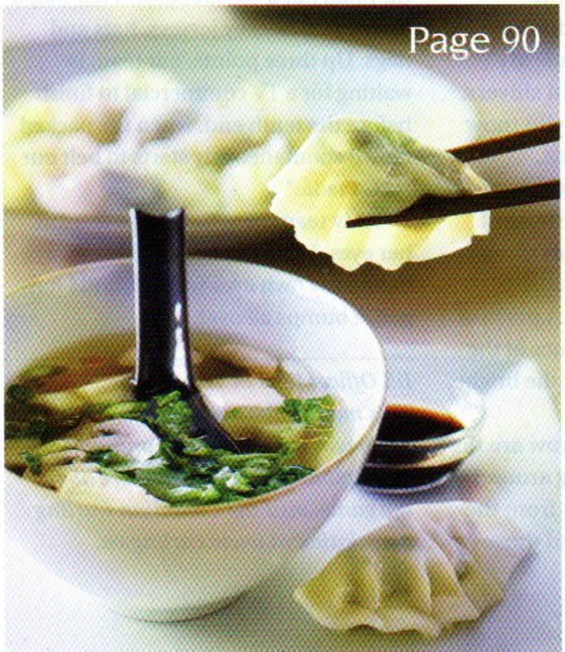
About Our Nutrition Information

To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat). Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should be reduced. Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, vitamins A and C, and folate.

Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients or those with no specified amounts.

Abbreviations:

cal = calories
pro = protein
carb = carbohydrate
sat. fat = saturated fat
chol = cholesterol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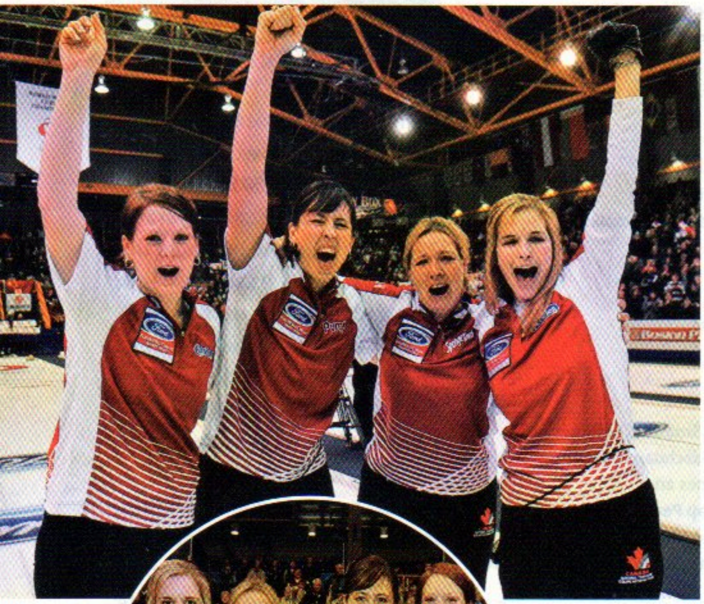
Curling with Heart

A spirited Canadian team sweeps to victory.

BY JILL OFFICER

Jill Officer (second from left) with her teammates



Backstage at the 3,000-seat arena in Vernon, B.C., we are wearing the red-and-white maple leaf jackets we won at the Scotties Tournament of Hearts. Bagpipes echo as the announcer welcomes teams from around the globe to the Ford World Women's Curling Championship. It's a tradition for the teams to be piped onto the ice. Named for our skip, we are team Jennifer Jones from Winnipeg, and, as the home team, we are saved for last. Our team includes a lawyer, a full-time mom, a federal civil servant and me, a freelance writer.

I smell the fresh, crisp ice as we walk over the blue carpet and wave our little Canadian flags to the crowd, who cheer, clap and scream for us. My insides vibrate while my skin shivers. I scan the stands to find Devlin (now my husband) and my parents.

When I step over the backboards to play our final game, I feel the buzz of the spectators, and I know this game against China is bigger and more important than any before it. I practise a few slides, trying not to glance at the trophy on display, but under the bright TV lights, it's hard to miss.

The first two rocks I throw are the hardest – something's flying around in my stomach. After I push from the hack, settle into my slide and those stones are off, my stomach settles somewhat, and so do I.

As each piece of granite slides over the little bumps on the ice, I nervously anticipate it landing in the exact, desired spot. I feel excitement when it does, worry and fear when it doesn't. But after my skip's last shot in the seventh end, my excitement explodes.

I had waited, broom ready to sweep her rock with all my might. As Jennifer bent to deliver her stone, I suddenly knew in my gut that this shot was going to put us in complete control of the game. As the rock gracefully left her hand, I heard screams to "Hurry!" then "Whoa!"

"Hurry! Whoa! Hurry!"

Granite clanked. When all the stones settled, our two red-handled rocks were nearest the centre of the rings. Energy sprang from the tips of my toes to the hair on my head. The roar of the crowd was so loud I almost didn't hear myself yelling, "Great shot!"

We curl on, cheered by thousands of proud Canadian fans. All that week, they had filled the arena with red maple leaves – on hockey jerseys, hats and flags. Up three points, our team is waiting for a TV commercial to finish before the tenth end, when the packed crowd spontaneously starts to belt out "O Canada."

My teammate Cathy has tears in her eyes. I smile at her and look away before my own eyes well up, and I have goose bumps all over.

The first two rocks I throw are the hardest – something's flying around in my stomach.

Jill Officer lives in Winnipeg. This month, she and her team will try to win back-to-back Canadian championships. To learn more about the game, visit the Canadian Curling Association at www.curling.ca.

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